

FAKE LOVE

Need Not Apply



THE SINGLE GIRLS GUIDE

TO AVOIDING POSERS LOSERS
SCAMMERS AND PREDATORS ONLINE

CHANTAL HEIDE

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For Dennis Heide

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I'd like to thank all the guys I've been with, because without them I wouldn't have had such clear insight into what a real man looks like. And I'll thank them on your behalf too, because my mistakes and lessons have become my greatest teaching tools.

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Foreword



A journey of a thousand miles begins with a single step
– Lao Tzu

Today marks the beginning of a deep shift for you... I hope. Like a protective mother, I want nothing but the best for you, whether it's helping you change a pattern that's been going on for too long or keeping you from falling in love with the wrong person the moment you step out into the dating world.

There are a lot of landmines out there. A lot. Men with the best intentions carrying their baggage loaded with explosives close to their chest, unintentionally blowing limbs off everywhere they go, and guys with ski masks looking for their next victim, any victim, to help them stay lazy while they drain your heart, soul, and bank account.

The first step to being successful in finding love is accepting that there are douchebags of every variety. Accepting that people who seem amazing at the beginning can turn out to be your worst nightmare once you peel back the layers can open your eyes to the types you'll encounter, and with clarity and insight you can decipher the difference. Is he a hustler,

or is he just damaged material unwilling to admit he plays a role in his own drama?

Seeing clearly is vital to your success. Otherwise, it's like trying to drive to the next city when your windshield is smeared with mud. Logically, you'd want to clear that off before turning the key, right?

We have a deficit in our culture right now, and it puts us women at risk. So let me be the one to teach what you should have learned long ago; how to calm your mind so you can see clearly, how to open your heart so you can feel someone's intent, and how to find the courage and words you need to say "NO" to those who don't have your best interests at heart.

There's a lot of love waiting for you. Amazing, pure, transformational love that'll give you the wings you need to soar into the best version of yourself. All you need is a little guidance so you don't get stuck behind a muddy windshield with someone unwilling to go somewhere better alongside you.

Ready? Let's go.

Step 1 – Grounding



Asking for a great relationship before your mind is ready is like asking for a bountiful garden without planting a single seed.

CHAPTER 1

Meditation: Why You Just Gotta Do It



“Geez, Chantal, I thought this was a book about not getting scammed by jerks while looking for love, not some spiritual mumbo-jumbo stuff. What’s up?”

What’s up, my lovely reader, is everything. Your peace of mind, your connection to your self love, and your heightened sense of trust in you, what you can accomplish, and what you deserve. Without all these, you’re just bait for the next asshole because you lack the power to walk away.

I often use house building in my analogies because I want you to visualize what it takes to create a solid you, a solid relationship, a solid anything. If your foundation is weak, it doesn’t matter what pretty fixtures you add on. The whole thing is going to fall over when the first storm hits. So my first step is always helping you build that solid foundation and create tools which not only strengthen you, but also instill what you need to help you recover each time a storm hits because, let’s face it, life isn’t always smooth sailing.

Guys who take advantage of women because they're too lazy to work on being real men look for someone with low self-esteem and an inability to self-manage, because these traits make anyone easy to manipulate. If you're afraid to lose something crappy because you're afraid something better isn't waiting on the other end, you're vulnerable to being used. If you don't have a strong enough sense of your value and therefore don't have standards, then you're susceptible to low lifes. If you don't love yourself enough and are seeking someone to give you a feeling that love exists, then you're defenseless against a guy who'll never love you the way you should be loved.

My job is to help you realize how precious you are, and in order to do that I need to help you wire your brain just right. Unless love and confidence are part of who you are before you meet someone, you're not strong enough to deflect guys who are just takers.

Recognizing a douche from a mile away is only half the battle. The other half is being the sort of woman who has the strength and know-how to say "talk to the hand" when he comes dancing around you, waving everything you think you want while actually intending to walk away with everything you have.

So how does meditation play into all this? To help you understand that, I need to give you a little lesson on your brain.

First, I want you to understand that your brain is something

you can actually change. I don't mean in some intangible way, like changing your mind about wanting the chicken instead of pasta. I mean literally, physically, change.

Your brain structure is formed by your thoughts and habits. Where you're focussing the most amount of attention strengthens or weakens certain areas of your mind. Ever been bugged by someone and just can't stop thinking about them, and it feels like every minute of your day is spent turning over what they did and what they said, no matter how much you want to stop? Well, guess what? It was all those initial hours you spent focusing on their actions that ultimately created the runaway loop inside your head.

Your brain is taking its cues from you. The more you zero in on something, the more it says "alright, if that's where you want to go, let me facilitate that for you," and that's when auto pilot begins to kick in. See, every original thought we have creates a neural pathway, and every time you re-think that specific thought, the more you run down that pathway. And like a trail, the more traffic it gets, the deeper and wider that trail becomes till it becomes a path of least resistance and all your mental traffic automatically starts to travel down it. Next thing you know, you're a victim of your own mind, trapped in a cycle of repetitive thoughts you wish weren't happening.

Nobody will love me as I am. I'm not worthy enough. She's a bitch for doing this or that. I'll never be happy. I'll never find the man of my dreams, the job of my dreams, the success I want, the life I want. We've all been there, sucked into negative thought cycles

that drive us nuts. And sometimes it feels like being trapped in a riptide, desperately trying to swim to shore while being pulled further and further away from our desires.

Well, it ends here, because I'm about to put exactly what you need in the palm of your hands. This book is all about giving you the strength and power to fight past those thoughts and re-create your brain into a tool that helps generate the love and courage you want on demand. How cool is that?

But first, some understanding.

You might have heard the words *neural plasticity*. This is exactly what it sounds like, which is to say the neural pathways that make up your brain are literally like putty in your hands. Remember when you were a kid and played with plasticine? Your brain is just as mouldable, and as much as you've unintentionally moulded it into something that feels like your worst enemy at times, you equally hold the power to turn it into your best friend.

Now, I've written four books so far, so I'm going to give you the next two chapters with a “**” after the titles directly from my last book, *Fix That Shit*, to explain how Harvard figured out the ways meditation changes your brain, and how easy it is to begin meditation. I've made some minor edits to make the tone relevant to this topic, but the subject matter is basically the same.

CHAPTER 2

Harvard Says **



If you're still on the fence about what meditation can do for you, then take a moment to listen to what Harvard says about your brain when you make calming your mind a regular part of your schedule.

I've often said you won't have a new life with the old brain, and it's true. If you want to create a 180 in your life and relationships, you need to change the brain that got you here in the first place, otherwise it's like showing up for a job interview in jogging pants and spaghetti stains on your shirt. By some grace of God you might get what you're looking for, but it's going to be a mighty steep uphill battle.

But changing the physical make-up of your brain puts you in the headspace to get everything right. How? Why? Because the areas affected by meditation, the areas that actually physically morph and change shape are the areas you need to deal with to become a new you.

You see, MRI brain scans taken by Harvard before and after participants meditated an average of 27 minutes a day for 8 weeks showed that the human brain goes through some

remarkable transformations. Bad parts shrank, and good parts got bigger.

Let's start with the bad part.

Your amygdala, also known as the fight or flight center buried deep in the oldest part of your brain is what triggers a burst of adrenaline and cortisol when you have a fear response. When you get into a confrontation and your heart rate goes up and your muscles get tense, that's your amygdala preparing you for either a battle royale or a run for the hills.

Fear is a huge contributor to ending up in the wrong relationships. What will I do if I lose my partner? Is he lying to me about something? What if nobody else will love me?

All these fearful thoughts are either by products or contributors to your amygdala shooting off, and it's having a terrible effect on your system. Never mind the damaging repercussions high levels of stress and it's associated increased levels of cortisol have on your thyroid, immune system, muscles, bones, and connective tissues (1). Never mind how repeated high levels of adrenaline will shrink your hippocampus, affecting your memory and capacity to feel compassion while inhibiting your ability to create new neural pathways in that area of your brain (2). All those are bad enough, but what you're truly aware of when your amygdala is too big is how you feel.

Fearful. Angry. Shitty.

You have difficulty feeling calm and settled. You have

trouble overcoming negative feelings like anxiety and worst of all, you have a hard time feeling good about yourself or the world in general. It's a horrible tailspin into insecurity, depression, and angst.

And look at how that's affecting your outer world. Your heightened anxiety has you feeling unsure about love and relationships, weakening your ability to choose the right partner. Being unable to see yourself in as positive a light as you should creates feelings of inadequacy and insecurity, and the melting pot of all those negative feelings just keep dragging you deeper and deeper into a dark pit of emotional distress.

You don't want this, and your loved ones don't want you to suffer this. So we're going to fix that whole cycle by reducing the size of your amygdala. If it sounds too simple, then maybe it's time to release the notion that only complicated answers could possibly be the right ones. Remember, sometimes a lifeline is nothing more than a floating donut on a rope.

Now let's look at the other part of your brain that's affected by meditation, your hippocampus (3). This region of your brain actually grows during meditation, and is the area responsible for your memory retention, introspection, compassion, and drives not only how you feel about others but about yourself too.

Feel like you're suffering from low self-esteem? Then it's time to grow your hippocampus and reverse the effect all that cortisol and adrenaline your blitzing amygdala has been

imposing on your thoughts and feelings. Finding that you're hyper focused on everything and anything people are doing wrong, and have a hard time remembering what you've done right? Time to grow your hippocampus.

And how are you feeling about your own actions? Are you constantly beating yourself up because no matter which way you turn you can't seem to do the right thing? Then let's get that hippocampus developing so you start to recognize just how awesome you really are.

If all this sounds complicated, it's not. It's no harder than sitting in a chair on a regular basis. You're already doing that, right? Same thing, except what you're changing is what you're doing while in that chair.

Let me teach you the five steps that makes it all so simple to do.

CHAPTER 3

The 5 Steps to Blissing Out **



“Meditation is hard, isn’t it? Don’t you have to stop thinking for a long time?”

No, and no. Keep in mind that it takes a fraction of a second for your brain to know it’s doing something different and change in response to that difference. People tend to have a lot of anxiety about meditation, thinking that unless they’re Zenning like the Guru on the mountain they’re achieving nothing, and because of that they avoid starting altogether. That’s just plain wrong.

The fact is your brain is a super amazing piece of machinery and the slightest modification still has an effect. So if you’re getting in 10 seconds of blank mind space during a 20 minute session you’re changing your brain, literally one split second at a time.

The second most common question I get about meditation is, “How do you do it?” Again, easy peasy, no contorting your legs into uncomfortable positions while sitting on pillows in flowing white robes necessary. Just find a spot to sit and close your eyes, and you’ve accomplished a big part of the task.

To make it even easier, I've broken it down to 5 steps you'll want to remember each time.

1 – Sit up straight. You don't want to end up with a sore back when you're done, so grab a cushion and put it between you and the backrest if you need some extra help getting your spine straight. Being comfortable is an important part of meditation! So avoid getting a kink in your neck by keeping your head straight, and avoid strained shoulders and lower back pain by aligning your spine. My meditation spot is on the living room couch, so part of my routine is sticking a pillow behind my back and tucking a blanket around my legs.

2 – Relax your body. It's important to bring your focus to your body and ensure you're relaxing any tense spots. We tend to unconsciously tighten up as a defensive reflex, and now is a good time to touch base with your physical self and unwind some of those muscles. Bring your focus to each area at a time and relax any tightness you feel. Keep cycling through all the individual parts of your body throughout the time you're sitting in meditation. Even after all these years, I have to keep relaxing parts that tense up during my sessions. Place the backs of your hands on top of your thighs with your palms facing up, this helps relax your shoulders.

3 – Bring your focus back. Let's face it, part of being a woman means our minds are running all the time. In fact, we even need 20 more minutes of sleep a night to compensate for all that thinking we do. You'll find yourself compiling lists or interior decorating while trying to meditate, and

that's okay. It's normal because it's what your brain is used to doing, running off on tangents all day long. Don't worry about how many times you realize your off in thought because it's not how many times you're thinking that matters, it's how many times you bring your focus back. Remember, even a split second has a positive impact and will change the structure of your brain.

Pretend you're looking at the spot right in front of your face, about an inch from the bridge of your nose. This is the space where here and now resides, and that's exactly where you want to be. Here is where your physical body is sitting in this chair. Now is this very moment where nothing is happening except for you sitting in this chair. Focus on that. Let yourself become drawn entirely right here, feel your focus get drawn into your brain and flow with the sounds filling it, whether it's the sound of your breathing or the music you've picked. Relax.

4 – Breathe. Don't worry about becoming a master breather. Keep it simple, and go for what's slow and deep and comfortable for you. When you bring your focus back using your breath as a focal point is a great technique, just remember to keep it comfortable and not stress about whether or not you're breathing slow or deep enough. If it's more relaxed than how you normally do it, you're on the right track.

5 – Surrender. This is the best part. I use the words "I surrender" as my mantra when I sit down to meditate and it helps me get into that relaxed space much easier. Just

keep mentally repeating “I surrender” over and over, letting those words replace anything else you want to think about. You’re surrendering thinking, worrying, fixing, and feeling. This is the phrase that allows you to flow from a state of anxiety to one where you feel more relaxed and in control. You’re giving up your current state of mind and yielding to another, and it’s this surrender that’s going to help unclench your brain.

Words have a powerful impact on our lives. You’re well aware that a kind word can lift your spirits while hurtful ones resonate long after they’ve been said, twisting and turning in your mind for way too long. One of the things I’m going to teach you is how to use words to your advantage, and it all starts here, with these two.

The words “I surrender” don’t mean you give up, and they don’t mean you’ve been weakened. Those two words mean you’re ready to stop fighting all your inner and outer demons. They are the beginning of peace, the end to war, the first step to reconciliation with the new you. *I surrender* is the most powerful thing you can do in this moment of your life, putting you in charge of your evolution.

You’ve been dangling around like a puppet on a string, being jerked about by your over active amygdala and under active hippocampus for long enough and you’re done fighting the effects this war has had on your emotions. I surrender. I’m done fighting to be loved and acknowledged. I surrender to the notion that a real, reciprocal relationship is out there for me, and now I’m going to allow a reality where it all comes

together. I'm done fighting. I surrender.

CHAPTER 4

One is the Loneliest Number



Reality check time.

We are pack creatures by nature, living incredibly unnatural lives, and the disharmony we feel between how we want to live and how we're actually living is driving us to some pretty destructive behaviours.

Loneliness is a killer. Our brain isn't equipped to live nuclear lives, sequestered away from each other by walls while our families are separated by distance. Think about it, what's the worst form of punishment our culture uses on people it wants to discipline? If you're bad we're going to put you in jail, and if you're really bad, off you go to solitary confinement.

Being alone is literally a form of punishment in our society, yet so many of us are all by ourselves, desperately seeking someone to fill the void our instincts say should be brimming with family and fellow tribe members. No wonder you're on the net trying to find someone to keep you company. Your brain is trying to fulfill what your heart so desperately demands.

Understanding loneliness and finding ways to deal with it is your first defense against guys who'll take advantage of your seeking heart. Let me assure you, it's not stupid women who fall for guys who only intend to suck everything they can out of them. No, it's not lack of education or even critical thinking. It's loneliness that's blinding them, and because being part of a social society is ingrained into our DNA, logic goes out the window as they try to balance reality and gut instinct.

But you can't combat the effects of loneliness without dealing with its side effect, anxiety. And you can't reduce feelings of anxiety without reducing the size of your amygdala, because that's the part of your brain sending stress signals when you're living a life that's counter intuitive.

Listen, I speak from experience when I talk about how emotionally transformative it is to shrink your amygdala and how doing so sets the foundation for getting it right when it comes to love.

Seven years ago I was a mess. Depression brought on by grief hit me hard, and the downward spiral lasted years. I stopped feeling normal and put on a face for the world, but behind closed doors I was lonely as hell. My relationship with my man was on and off, completely disconnected, and crappy at best, and I didn't know how to tell anybody how desperately low I felt.

My emotions were limited to anxiety, and nothing but. At times I felt like I couldn't even handle being me anymore, and I imagined digging my fingers into my chest and tearing

the skin open to give some form of escape from this body filled with so much pain and suffering.

I need a new brain, I thought one day. Well, ask and you shall receive, because a few minutes later I found the Harvard Study on my Facebook newsfeed, talking about gaining a new brain in just eight weeks.

I started meditating, and it helped. Somewhat. But I found myself fighting overwhelming feelings of anxiety as I sat there trying to find calm. I knew I was on the right path, but I also knew I was missing the mark.

But being the stubborn woman I am, I didn't give up, and eventually it came to me.

Trying to stuff down all those feelings wasn't working, because pushing them down just meant I was keeping them inside. All that loneliness, stress, and anxiety was still swirling around, wrapping itself around my heart and getting in the way of the kind of positive feelings I wanted to tap into. Love, confidence, serenity: they were all lying under layers of bullshit. I couldn't access the good till I'd released the bad.

This was when I came up with the concept of blowing up my emotional buildings. One by one, I looked my feelings dead in the eye instead of trying to stuff them out of sight. I stood up to my feelings, accepted them, and started to develop the strength to stand in them. Middle fingers up in the air, I turned into my negative emotions and told myself I could last longer than they could in this battle for my body

and well-being.

See, that's the whole point. We're human, and this human body is made to feel emotions, both good and bad. It's all just part of our cycle, and developing the ability to weather our emotional storms is what brings us closer to happiness, not finding ways to duck and weave and placate with Band-Aid solutions whenever they come up.

I spent four years in misery, trying to drown my feelings under destructive behaviours before I realized doing so was keeping me away from the ones I really wanted to tap into.

I had to be brave. I had to realize my feelings weren't hurting me; but was my escape tactics were.

So I stopped turning away and said, "Bring it on." And you know what? I didn't self-destruct. I didn't melt down. I didn't get deeper into depression, misery, or loneliness. In fact, the complete opposite happened.

The ever present tightness in my chest and buzzing in my head started to dissipate, bit by bit. I felt lighter, clearer, and I started to function better on a day to day basis. The stress and anxiety that had been my constant companion began to alleviate, and I found myself feeling moments of happiness. Happiness! Feelings of helplessness were replaced by comfort, and I began to gain confidence in my ability to handle my own existence.

I felt more in control. And the more control I felt, the more I started talking about what I'd been going through, leaving

behind a vortex of weakness and inadequacy and stepping into a calmer, stronger version of myself.

And the more I talked, the better I felt. We tend to be so stoic during our most difficult times when in fact those are the moments we should be surrounding ourselves with supportive people, wrapping their love around us like a protective blanket while we muddle through our feelings.

But that's the disconnect that happens in our society right now. We've lost our tribe because families moved apart and create separate lives. Our neighbors don't see us because we're tucked away behind our fences, faces buried deep in Facebook trying to find some semblance of community. We're so alone, yet we put on these masks like everything is okay, because during our hardest times our biggest fear is appearing weak.

WTF.

The whole point of the tribal, pack-like nature from which our species evolved is to support each other when times are tough. To share food, warmth, companionship. To help each other raise children, to tend to each other when we're sick, to celebrate each other in our good times and hold each other in bad times. To laugh together, cry together, eat together, hunt together, sing together, play together. To just be. Together.

No wonder you're lonely. No wonder getting any form of positive attention makes your soul sing. No wonder a text or email from someone using the word "love" is like a drug,

heroin for your heart. Please, stick that vein with one more shot from the needle.

I get it.

But there are wolves out there. Circling, looking for outlying members of our collective who feel displaced, divided, disconnected, and confused. Who don't understand that their very being is seeking a natural order, and tumbling into fake love traps in their quest for a loving community.

But not you. Not anymore. Because I'm going to teach you how to get comfortable with the feelings you have from this unnatural state, and from there you're going to find what's functional in reality, not a fantasy created by a predator to distract you while he chews on your throat.

Together, we are going to help you build a solid foundation that gives you the strength and knowledge to give those jerks the middle finger for even thinking you were blind enough to fall into their traps.

Ready? Let's teach you how to blow up your emotional buildings and start making space for all the good feelings that are going to flow your way.

CHAPTER 5

Blowing Up Your Emotional Buildings



First of all, let's address the fact that negative emotions are swimming inside you. Or maybe they're not and you're being proactive, reading this to avoid being susceptible to scammers. But for the sake of a consistent tone, I'm going to write like you're looking at how to get out of the emotional hole that makes you susceptible to douches looking for nothing more than personal payoff without any intent towards being a loving life partner.

Life can be crappy at times. We regularly face emotional setbacks when a loved one passes away, we don't get the job or promotion we feel we deserve, a friend stabs us in the back, or we get dinged by a financial blow that dwindles our bank accounts. Life is full of the sort of stuff that creates feelings of disappointment and stress, and unless we learn how to surf the waves, we get sucked underwater and feel like we're drowning.

So, if there was ever a time to learn how to stay above water when feelings want to drag us under, it's now.

Understand that all those feelings of sadness and anxiety don't just magically go away, no matter how hard you try to mute them. You can stuff them down all you want, but all you're doing is hiding them under more layers of sadness and anxiety, as more stuff comes up in life. You have to get rid of them once and for all. Clear the landfill. Incinerate the trash. Blow up that building.

Think of each individual feeling attached to each individual situation as its own building. Really visualize it that way. Maybe the exterior is red brick or greystone, and it's at least two stories high with windows all around. This building is sitting inside of you, heavy and large, filling you up and making you feel like there isn't space for much else. It even makes it hard to breathe as it crowds around your lungs, and it makes your heart pound because it feels like your blood has a hard time squeezing around it.

That building is going to blow up eventually, whether you like it or not. The question is, are you going to control the detonation, or are you going to be a victim of it? Believe it or not, you actually have a choice.

Let's look at what happens when you don't take control of the explosion.

Not taking the initiative to dictate when and how means you're going to be caught off guard when an emotional explosion happens. You could be standing in line at the grocery store and lose your temper because you feel the person in front of you is taking too long. You could be in

your car and get taken over by a sudden fit of road rage. You could be having a nice visit with your daughter and her baby when an innocent conversation turn into World War III. You could be at work when a sudden burst of irritation makes you fly into bitch mode with a client.

You inevitably blame all of these scenarios on the stranger texting in front of you, the slow driver, your daughter's inadequate response to a question, or your client's stupidity, but the fact is they had nothing to do with your outburst. The fact is, you had those feelings of anxiety, stress, and anger already simmering below the surface, just waiting to bust through and spew all over the place.

When you have no management on the hows and whens for your emotional releases, the consequences are pretty damaging, sometimes far ranging, and worst of all, sometimes lasting. You might mentally move on to the next angry scenario without looking back, but your stinging words and angry face can linger for a long time in your victim's memory, ultimately piling one instance on top of another until they spill over and spew their own pent up stress and anger right back at you.

On the other hand, managing your emotions on your time and under your supervision means you can let those feelings out when no one will get hurt by the explosion. Which means, no ping-back consequences. Now you're releasing without adding additional conflict down the road. Seriously, doesn't that sounds like a winning situation for you?

So how do you go about getting rid of old, pent up negative emotions? You gotta blow up that building, using a controlled demolition.

In construction talk, a controlled demolition is what companies do when they buy property and want to construct a brand new building in the exact spot where the old one is sitting. How to you remove an entire building that's several floors high without damaging anything around it? Well, you set up the explosives so it collapses in rather than blowing out.

Think about that for a second. Blowing a building OUT means everything around it is going to get slammed by flying bricks and glass. Collapsing it IN means nothing around it gets touched, and all the building material ends up neatly piled in a tidy mound, ready to be scooped out and trucked away. If you've never seen a building go through a controlled demolition, go find a video on YouTube. It's pretty cool and worth a watch.

A controlled release of your negative emotions happens during meditation sessions when you're sitting alone in your quiet times. Emotions carry physical responses with them, like the heavy ball in your stomach during anxiety, the squeezing of your heart and lungs during fear, the choking in your throat during sadness, and even the full feeling in your chest when you experience a burst of love. Every emotion has physical sensations, and typically we go about our day stuffing those down.

Not now, we tell ourselves, sometimes several times a day. *I*

don't have time for these feelings while I'm trying to deal with _____.

But eventually those feelings are going to come up, and what better time than when you're relaxed? Going through negative feelings while in a relaxed state might sound like an oxymoron, but stay with me here. The fact is, regardless of what state you're in, those feelings are going to explode, and allowing that while you're relaxed means they're going to cycle through your body without affecting your brain.

So how do you release emotions during meditation? First, you'll want to get into your meditative state. Tap into that sweet spot that develops in your mind when you become relaxed and ask yourself this question: How am I feeling?

This is the key that unlocks the feelings you've been suppressing, and you'll feel something bubbling up inside you. Once this happens, follow these five steps to blowing up that particular emotion so it doesn't end up busting out on someone else down the road.

(**Disclaimer, this section had been copied *from Fix That Shit – A Couples Guide To Getting Past The Sticky Stuff.*)

1 – Name it, but don't explain it. Like I mentioned earlier, different feelings will have different sensations. Pinpoint what bubbles up when you ask "How am I feeling?" but don't give it a story. The fact is, the longer you've been suppressing feelings, the more you have imprisoned inside you and this particular one might have been generated decades ago. There's no point trying to find the reason attached because *this* bout of anxiety stayed long after the

story was forgotten. Just say, “Hello, anxiety.” “Hello, fear.” “Hello, sadness.” Focus on figuring out which feeling it is and welcome its presence.

2 – Relax. Anxiety, sadness, anger. These tend to be feelings that rile you up, but in this case you’re going to deal with them differently because you’re the one in control. So while you’re letting the feelings roll up and take over your physical body, relax. Again, don’t try to find the story. Instead, just let yourself melt into the physical sensations while maintaining your calm state of mind. The whole point of this exercise is unloading your emotions while staying calm. Welcome the effects they have on your torso, let them have their moment truly and fully, and keep your mind focused on the present moment inside that sweet spot. Relax your shoulders, your neck, unclench your hands and stomach. Keep cycling through your body and releasing any tension you find.

3 – Breathe. Remember, slowwwww, deeeeeeep breaths. Those negative feelings will fill your body up, make it feel heavy and bloated and squeezed, but I want you to keep breathing past and through those sensations. Keep drawing your breath deep down to the bottom of your belly. It might feel like your emotions are taking up so much room it’s hard to breathe, but that’s an illusion. Fill your lungs, relax, slowly exhale, relax.

4 – Surrender. Fully immerse yourself into whatever emotion is running through you. This isn’t the time to try to control those feelings. This is the time to fetch them up thoroughly. Do not try to minimize, reduce, or cut short

what's popping up. You need to do the opposite. Otherwise, you're missing the point of finally getting them out. Yes, they'll be uncomfortable. Yes, you'll be tempted to try to explain or pin them on something you can remember. Don't. Just surrender to them, allow them, and express them while sitting calmly in your chair.

You're going to think this is the strangest thing at first, you sitting there looking so serene on the outside while your insides are upheaving. But let me tell you after doing this a few times you're going to think this is the best thing since sliced bread. Identify what comes up, say hello to it, relax into it, breathe through it, surrender fully to the sensations, and finally...

5 – Seek out the last little bit. When you feel like what you've brought up has gone through the majority of its expulsion, go get that last shred. Say you brought up a feeling of anxiety. You felt it converge in the pit of your stomach and collect in there like stones. Hot and heavy, that anxiety seemed to take over your insides, getting bigger and bigger till it felt like your entire body was a big hot mess of anxiety. You stayed relaxed and breathed through that mess, and as it developed it seemed rise through you, squeezing your lungs and choking your throat as it passed upwards. Eventually you felt the physical effects lessen as it slowly dissipated out the top of your head, like gas escaping and releasing its pressure. But for good measure, let's conduct a root canal on that sucker and make sure every last bit is brought forth and removed. This isn't to say the next emotion you bring up won't be anxiety again, but this specific bout of anxiety is

is going to be fully expressed, right here, right now.

So once again, go into the pit of your stomach, relax, and seek. Find the last shred and let it run its course through your body, letting it build and then escape through the top of your head. Trust me, you'll know when it's done.

Repeat this process a few more times if you have time. But if you've got 20 minutes to meditate before your next appointment, just fetching one will work wonders too. Be sure to cycle through a feeling completely, so you can come back to a space of serenity before you end your session for the day. Let your mind and body rest comfortably in a calm space for a few minutes, that way what you're bringing forth when you get up is the sweet comfort that comes with creating positive changes in your brain. It's such an amazing win/win.

CHAPTER 6

And Now For My Next Trick



Here's the thing: this entire section is all about setting you up emotionally for the type of relationship you want, deep down inside your heart. Something real, solid, fulfilling, and touchingly emotional.

But it's hard to achieve something like this if you're not prepared to accept it, which is why I spend so much time at the start of my books teaching you how to get ready for the most amazing relationship of your life. I can tell you all about the warning signs of scammers and emotionally unavailable men, but if you're not prepared to 1) stand alone till you meet someone worthy and 2) be a good partner when you meet him, anything I say is moot.

Meditation will reduce your anxiety and allow you to feel more comfortable saying "no" to the wrong guys, but it also helps calm your mind and when you do allow someone great into your life, you're not going to drive him away by vomiting up old hurts and anger.

The best predictor of future behaviour is past behaviour, and the only way to change the trajectory of your life is by

doing something different today. Make meditation that life altering change, and you'll get everything you want. It's worked for me, and I've witnessed it work for countless women I've helped.

But you don't need to trust me. Trust Harvard University. Trust that doing a simple act of relaxation will have a measurable change in your brain, and since your brain is the tool through which your existence is experienced, trust that what you experience day to day will be altered in a positive way.

Trust yourself. You have the power to affect your life, and blaming who you are and how you behave on anyone else is simply an act of denying the great things you're capable of. You can change, and so can your life.

So take my hand, and let's turn things around.

CHANTAL HEIDE

Step 2 – Clarity



Reality is subjective. So create yours in the image you want instead of letting others stuff you into theirs.

First and foremost, you must protect yourself against abuse.

If you find yourself in a relationship with verbal, physical, or mental abuse, then you must get out. Now. Every minute you stay is a permission for him to continue. Leave, get safe, get therapy, and get so clear and strong that you will never allow yourself to be in an abusive relationship again.

You cannot change the past, but the future is in your hands. Be safe, and become too strong and wise to fall in love with an abuser.

Chapter 7

Are You In Danger?



There are certain traits that make a woman particularly vulnerable to posers, losers, scammers, and predators online. Making a connection between the life you live and susceptibility to these types of guys helps you avoid getting sucked into relationships leave you broken hearted at best, and at worst, destitute and devastated.

Understand that whatever category a particular guy falls under, he's nothing more than a wolf in sheep's clothing looking for someone weak to prey on. Posers look for women who are unwilling to look past their glossy exterior. Losers want you to believe that they have the potential to achieve something big, eventually. Scammers want you to fall in love with all the fake words they say, and predators want you to ignore the fact that they're actually in this to satisfy their horrific cravings.

They seek out the vulnerable, just like all predators do. I want you to think about how predators function in the animal world for just a second. They look for someone who's not in the middle of a group but instead is separate from the pack, vulnerable without the strength in numbers groups give.

In our culture, this is often women who don't have many friends and aren't close to their extended families for whatever reason, or women who are widowed. The common trait is loneliness, and because people seek a sense of belonging their antenna is constantly on the lookout for someone who'll fulfill the instinct to be a part of something, anything, that offers the feeling of acceptance they crave.

At the first blush of positive attention, their hearts pitter patter, and their dopamine receptors fire off, giving them a deep sense of reward.

Let's talk about dopamine for a second.

If you've ever wondered why cocaine is such an addictive drug, it's all about the dopamine reaction in the user's brain. See, dopamine is the chemical your brain releases every time it gets a message saying "Woohoo! Reward!"

Did you laugh at something? You just got a dose of dopamine. Win ten bucks on a scratch card? Dopamine. Eat a great meal and feel oh so satisfied? Yup, you just got more dopamine.

Every time you felt a sense of satisfaction, your brain's reward chemical, dopamine, came into play.

Guys who are intent on getting what they want with no consideration for how you'll end up feeling take full advantage of the fact that their tactics tickle your brain's pleasure center. This is why you'll overlook the red flags over and over: you're addicted to the dopamine that you're

not getting anywhere else. No close friends to make you happy and no loving and supportive family members to keep you smiling and feeling connected means your only source of dopamine is the person slowly but surely sucking the life right out of you.

You fall for this at your own peril. And not just yours; you're risking the well-being of anyone in your life who's going to have to deal with the fallout when the consequences of allowing one of these guys into your life finally come knocking. Your children are at risk of child predators, your family will be forced to deal with you ending up homeless and unable to support yourself, your friends will watch as you cry endlessly because what you fervently hoped would come about never materialized.

When you suffer, you rarely suffer alone.

And the guy you allowed to siphon on your veins till there was nothing left? He doesn't suffer. He's not sad. He's happy to count all the money you gave him, happy to have memories of preying on your kids, happy to move on to the next victim and begin his feeding all over again.

You lose on so many levels. You lose your dreams, because your broken heart has a huge uphill battle before it's ready to accept functional love. You lose friends who are tired of trying to get you to see the light, tired of hearing you complain, tired of seeing you allow someone to victimize you. You lose your family's respect because they thought you were too smart to let someone drain your savings and heart. You lose the life you'd set up for yourself, your retirement,

your self-esteem even, because you begin to wonder why you're unlovable, not realizing that this guy was never willing to love you in the first place.

And when all is said and done, when your bank account is empty, your house is in foreclosure, your children are traumatized, and your heart is broken, you're now facing depression. Grief. And more loneliness.

Wherever you're at emotionally today, whatever depth of loneliness and sadness you feel, will only be magnified after the consequences of picking the wrong guy are realized. Nothing is worth getting caught up in a relationship that's built on fake love, intent only on sucking up every resource you have.

Take a close look at your life. Are you living alone, without another loving and supportive adult? Do you have a network of great friends you listen to because they're already modelling the life you want? Or do you stay secluded in your house, nose in your computer, looking for companionship on your screen day in and day out? Are you close to your family? Or do they feel distant, even if they're living in the same city?

If this is you, you are susceptible, no question about it. Realizing this is half the battle.

So what do you do? How do you avoid being the member that's separate from the pack and an easy target for circling wolves?

You have to fortify yourself. Like, today.

You need to be integrated somewhere, somehow, because it's through positive interactions with people who genuinely care for your well-being that you'll feed your brain the dopamine it craves. It's through hugs from people who have real affection for you that you'll get the oxytocin you thrive on, giving you that warm fuzzy feeling we all like to sink into, that feeling we call love.

Maybe you're fighting with your family. Maybe your friends were toxic and you needed to disengage from them. So find new people you'll call family and friends. Family is more than just blood, family is your tribe, your group, your people. Family is relationships, not just genetics.

Go out into the world and find your people. The ones who elevate you. The ones you admire and give you the courage to strive for more for yourself. The ones who show you what it's like to live a happy, fulfilled life, because when you see it you can better achieve it.

We are creatures who are designed to learn by example. If I want to teach you how to build a house, I can't just sit there and tell you how to hammer the boards together. I've got to show you how it's done, and it's the same when it comes to having functional relationships in your life. Surround yourself with people living the sort of life you want to live, and you'll begin living it.

Be honest with yourself. Be honest about how lonely you feel, because once you face that fact you're better equipped

to deal with in a real, functional way.

Go out and join groups! What do you like to do? Or what would you like to start doing? Get out into society and plug in. Day in and day out, I see the kind of women who get engulfed in these dysfunctional relationships, and I know your demographic. You are intelligent, you are kind, and you're a great person. But somehow you forgot that, and that high level of loneliness combined with a low level of self-esteem put a glow around the wrong sort of guy, the kind willing to say anything to trap you into his honey hole that's actually just a hell pit.

Become part of a real, accepting, loving pack of people, and you'll be immune to the circling prick who doesn't love you but instead only loves what he can get from you.

CHAPTER 8

Therapy



Therapy. What do you think of that word? If it scares you, think again. Sometimes surrounding yourself with good people is easier said than done, and this is where therapy becomes a handy tool for protecting yourself against assholes.

One of the roles of a good group is holding a mirror up to your face and forcing you to observe your behaviour, getting you to see its dysfunction and shedding light on how you need to change in order to become a better version of yourself, ultimately making you too strong to fall into emotional traps.

But if the thought of becoming part of a group seems like too big an obstacle to tackle, then it's time to get out the yellow pages and start finding someone equipped to see you through to the other side of loneliness.

I can't stress this enough. You need a group, and if you can't get into a group, then you need help getting into a group.

Check Yelp, read reviews, ask around, get a referral from your doctor, do whatever you need to do to find someone

you'll jive with. Try different therapists till you find someone you genuinely like, because that relationship is an important stepping stone to something better, and you want to find someone you really want to listen to.

Therapy isn't for suckers. It isn't for weak people. It's for people seeking a lift, a better life, a deeper connection to wonderful human beings. It's a way towards the kind of love your heart seeks. It's your flashlight in the dark. Embrace it.

CHAPTER 9

Catfish



Definition: A catfish is a person pretending to be someone else for their own gain, whether it's simple emotional amusement or to try to suck your bank account dry. Some of the other types of scammers I'll be talking about simultaneously fall under the catfish category because their profiles are as fake as a three dollar bill.

People who are simply catfishers are bored people, looking for a fun way to waste the day away. Well, fun for them anyway. Absolutely no fun for you, because you're getting emotionally pummeled by these insensitive jerks.

You are nothing more than cheap amusement. You give them the sympathy they crave every time they have a fake medical emergency. The glowing attention they seek when they post another fake photo of "themselves." The admiration and congratulations they hunger after whenever they post another fake achievement.

They're another lonely person thirsting for words, and you're feeding them everything they want each time you have a conversation with them.

But nothing about them is real. How they look (some of them aren't even the gender you think they are), what their job is, what kind of life they lead, are all a fabrication, dispensed through pictures pirated off another person's Facebook page.

Everything they say and do and show is for one purpose only: to get you to respond to them in a way they need without any consideration for your feelings.

What is their intent? Catfishers are intent on fulfilling their emotional voids. They want to alleviate their boredom and fill their days, and feel better about themselves. It doesn't matter that what you're complimenting is a fake version of them; they feed on your words and attention.

Catfishers are looking for the dopamine boost your attention gives them and nothing more.

What they'll take from you: Catfishers steal your time. They keep your nose in a screen, stealing your opportunities to have real life relationships with real people.

They steal your trust, because once you realize you've been fooled you'll have trouble believing whether or not the next person you meet, online or in person, is truly being genuine about who they are.

They steal your self-worth, because you begin to doubt if someone out there is actually willing to love you. You doubt your intelligence, and your ability to tell fiction from reality.

What do they look like? Usually catfishers look like someone you admire. Someone you're attracted to. Someone you can relate to.

They are a wolf in sheep's clothing, so they look however they need to in order to blend seamlessly into your life. They'll have the bravado and funky hairdo you wish you had the nerve to emulate. The rich lifestyle and adorable, perfect children you wish you had.

What do they say and do? There are two type of catfishers: the friend and the lover. What both have in common is their ability to say enough to keep you engaged, dosing out photos and words and calamities that keep you invested and communicating on a costant basis.

How can you weed them out? Committing to having real life, face to face relationships with people is your best defense. Anyone can be anything at any time online; all it takes is a copy and paste option on a keyboard and, voila! They've created a new persona. It's okay to strike up a long distance relationship with someone, but if you never Facetime or Skype, there's something wrong.

Don't believe everything someone says about themselves. Maintain a level of doubt and keep notes about what they say. Liars have a hard time keeping what they say straight because nine times out of ten they're not bothering keeping track of their lies. If you find inconsistencies in their stories, don't gloss those over simply because you're hoping what you're seeing is true. Keep your feet firmly planted in reality, and if things don't jive, then face the fact that this person

isn't being honest about themselves.

Don't accept Facebook friend invitations from people you don't know. Even if they're already "friends" with someone you know, this might just be them taking the long way to get to you. Unless you've met them personally or have a face to face conversation with them online, beware. Because the person catfishing you might be someone out to hurt you.

How to get out if you're already in: Catfishers can create a deep emotional attachment to the people they're victimizing or have malicious intentions to hurt and destroy you for whatever reason. Deleting them off your Facebook might create a temporary block, but they'll just create another profile and come right back at you.

Delete them, and delete anyone on your Facebook page and other social media that you haven't met personally. You never know how many profiles they're using to string you along. Don't accept invites from strangers going forward, and make sure all your privacy settings are set up so people can't spy on your page. Online is the only place where they can lie about who they are, and removing the option to be dishonest about their identity takes away their power.

CHAPTER 10

Scammers Out For Your Money



D**efinition:** Scammers can be in your country and even down your street, but more often than not they're in a far away country scanning dating sites for easy prey. It's very common these days to find them from Nigeria, Jamaica, USA, China, India, and even France, because this has actually become a business in those countries. Yes, a business. As in offices with rows of desks and computers with employees manning them day after day, night after night. For scammers, working you is a full time job.

What's their intent? Scammers are interested in one thing and one thing only – getting as much money from you as they can. They don't give a crap if you give them your last dollar, ending up homeless and begging for food at the food bank. Not. One. Bit.

Scammers want you to fall head over heels in love, because they know love is blind. They work hard to earn your trust and will say anything to weasel their way into your heart and confidence.

Their intent is gaining your full commitment to having them in your life. They want you to believe everything they say you'll get from them, whether it's a life partner or financial payout. Usually it's both. "Once I'm with you, you'll never have to worry about anything ever again."

They want to dupe you into believing that once you're together, life will be rosy. Their story includes large amounts of money that they just can't access right now, and they get you to believe that if you help them through this problem every financial obstacle will clear away, and you'll gain the husband of your dreams along with all the financial security you need.

They want you to be so committed to their story that you'll keep dishing out money for each problem that comes up, taking advantage of something in our psychology called "escalation of commitment." Basically, once we've invested a certain amount of time and money we're loathe to walk away from what we've already put down, hoping that if we lay out a little more we'll get a payoff that'll outweigh our initial investment.

Their intent? To take EVERYTHING. They'll let you foreclose on your home, sell your car and precious items, and drain every cent from your bank account and retirement fund. And when you have nothing left to give, they move on to their next victim.

Scammers prey on middle to retirement age women, either widowed, divorced, or single. They create fake profiles on dating websites and send out hundreds of emails a day,

hoping their fishing expeditions will catch someone lonely enough to fall for their handsome (fake) faces and high level jobs.

What will they take from you? Scammers steal every cent you're unwittingly parting with.

They'll also steal your trust, and you'll doubt your ability to tell fact from fiction when it comes meeting men online.

They'll steal your happiness, because once they lasso you in through an introductory show of love and devotion, you're in for a wild emotional roller coaster ride. Your initial mega-high of happiness will be replaced by painful angst because nothing you do will be enough.

You'll lose the respect and support of your friends and family members because they'll get angry and frustrated with you, wondering why you refuse to believe them when they tell you over and over that this relationship isn't real, and you're being taken.

You'll lose self-esteem and self-worth because you'll wonder why someone isn't showing up in your life to give you the love you feel you deserve. You'll experience an emotional crash once you realize nothing he said was real. In addition, you'll have lost more money than you could afford, and this will spin you into helplessness and depression.

And every cent you give them will be irretrievable, because these scammers are nearly impossible to track down through the internet's complicated web.

What do they look like? Scammers look like a dream come true. They are handsome men in their forties or fifties, either widowed or divorced, usually from America but living overseas because of their jobs.

They work at high level industries, from Government positions to Engineering. They are wealthy, typically owning a nice home in America and have a lot of money in the bank.

They are looking for love, and you're the one. They don't care if the age gap is huge or if your attractiveness levels are vastly different. Somehow they fell in love with you at first sight.

What do they say and do? They are very complimentary and fall deep in love within a short period of time. They send you flowery love letters and texts all day long, asking how you're doing and telling you often how much they love and care for you. Hell, they'll even send cards and flowers directly to your home!

They constantly call you by pet names like love, my love, honey, baby, sweetie, and they feel like it was fate or destiny that brought you two together. They bond very quickly with you and convince you through all this sweetness that you've found the best thing you've ever had, and they themselves feel like they can't live without you. You are their everything.

They say they are working in another country but want to come home. Although they are American, the US Embassy can't help them overcome the obstacles keeping them from

returning. Their troubles revolve around having the proper documentation like a passport, or needing to live in a hotel but unable to leave because the bill is unpaid, or medical emergencies, or they simply can't access their funds to buy the plane ticket home. Everything is a crisis situation that needs to be tended to today!

But once it's taken care of, they can come home and not only be with you, but take care of you financially, because once they get back they'll be able to move you into their beautiful home and access all that money in their bank account.

Fear is their greatest ally. They want you to fear losing the best thing you've ever had. They want you to fear losing the financial support you'll get with them and fear not getting to live in their big house once they're back home and collect you in their arms. Fear losing the money you've already sent them, and fear not having the amazing relationship you're imagining.

They become angry when you don't comply and send them the money they "need." They accuse you of not caring for them, of being mean and selfish, and not loving them enough. They withhold the nice words until you send them cash, dispense a heavy dose of flowery love once they get your money, and soon after they need more money to overcome the next obstacle standing between them and you.

How can you weed them out? Because the man in the picture is nothing more than a smokescreen, insisting on having a face to face conversation will eliminate scammers before they can get a cent from you.

Be alert and don't overlook discrepancies. If he's from Minnesota but the voice on the phone has a heavy foreign accent, then delete, delete, delete. If he sends you a photocopy of a passport or any other documentation, which scammers will in an attempt to convince you they're who they say they are, don't overlook the fact that it's fake. But seriously, if someone is wanting to send you a copy of their passport to convince you to date them, isn't that in itself a red flag? People looking for real relationships look for someone they can hug, kiss, and hold at night.

My belief is, if he's not available to take you to dinner he's not available for a relationship. Don't get caught up with someone so far away he's not able to take you on dates, no matter how great his profile looks. Remember, if it sounds too good, chances are it is. Don't let a greedy heart get in the way of a true, loving, intimate relationship. Find a man who's nearby and can hold you close.

Don't fall for words, cards, or even flowers. Fall for actions. A real man plans dates and takes you out because he's looking for a woman to spend his life with. Guys only want to be pampered and looked after. Men want to give, guys want to take. Beware of the difference, and the moment someone new in your life starts asking you for money, get out. Immediately.

How to get out if you're already in: Say you've been dating (and I use the term loosely here) someone who fits this profile. I understand that you've created an emotional attachment to this guy, but you have nothing to gain and

more to lose if you continue this dysfunctional relationship.

Let me be clear about something: you owe this guy nothing. I know, you feel like you have something together and he's in love with you too, but it's all a fabrication. He has zero feelings of love for you. All he wants is as much money as he can suck out of you, with absolutely no regard towards how that will impact you down the road.

That being said, delete the guy. Today and without explanation, because if you involve him in this decision his behaviour will turn abusive or cajoling, anything to either scare or seduce you in an attempt to not lose his money-machine.

Hide your social media accounts, change your number, and get yourself off his radar pronto so he can't use his emotional manipulation tactics anymore. Don't accept deliveries and don't accept online invites from people you don't personally know. If you're on dating sites, don't respond to men who don't live in your vicinity because any of them could be him again, hoping to scam your heart and get your money.

Trying to get any money back will be an uphill battle. More likely than not, it'll be a waste of time and will only prolong your healing. Consider your losses the cost of a hard lesson learned, and move on.

CHAPTER 11

Guys Just Looking For Sugar Mommas



Definition: There are guys, and there are men. In a nutshell, men are the ones looking for a long term, committed relationship with a woman they strive to make happy, while guys are focused on personal, immediate gratification with women who must make them happy. Reading my book *No More Assholes – Your 7 Step Guide To Saying Goodbye To Guys And Finding The Real Man You’re Looking For* will not only help you further clarify how to tell the difference, but also help you find a great man to create a lasting relationship with while using tactics that encourage guys to walk away before you get attached and waste precious time.

Within the guy category, you’ll find those who are looking to be financially supported and those looking for nothing more than sex.

Guys looking for sugar mommas are lazy and really just want to do the least amount of work to gain the status baubles they crave. They look for a woman with enough

money to pay their bills, treat them to dinners and vacations, buy gadgets, clothing, jewelry, and anything else their hearts desire, not caring if you're sacrificing your own financial well-being for theirs.

They'll want you to buy them a new phone to show them how much you care, even if it means not paying your rent. They're okay if you sell your home for extra cash to take them on trips and buy them a car. And when all your money is gone, so are they.

What's their intent? Sugar baby-boys want to look good, but they don't want to work enough to get there themselves. They seek out women who are insecure because they prey on your fear of losing a relationship, no matter how emotionally and financially draining it is. They also prey on a woman's pride, because you're paying through the nose to show them off as your own personal status symbol.

Their intent is to gain as much "stuff" from you as they can in as short a timeframe as possible. They're not looking to have a long, drawn out relationship, although they will if the financial gain is steady and high enough.

They'll say whatever it takes to manipulate you into giving them what they want.

What they'll take from you: All the money you're willing to dish out, even if it leaves you broke.

You'll lose self-esteem, because once the money is gone they'll make it clear that there was nothing about you they

truly loved, leaving you wondering if you have qualities that someone can love and appreciate.

You'll lose faith in yourself, in your attractiveness, both inside and out, and in males in general. You'll wonder if love is achievable in such a shallow world.

You'll lose respect from friends and family members who see through his manipulation and detest the low quality of attention he gives you in exchange for what you spend on him.

What do they look like? Sugar baby-boys look quite good on the outside. Groomed hair (everywhere), the latest fashions, flashy watches, and a confident swagger are all part of their get up. These guys spend a lot of time looking sleek.

Their dating profiles show them looking handsome as hell, usually leaning against a luxury car or in an exotic location. Their lifestyle is all about appearances, and you'll never know that the car they're leaning against was one they saw parked on the side of the boulevard or rented with their previous sugar momma's money.

With these guys, it's all about being flashy.

What do they say and do? They speak proudly of themselves and like to show off what they have. They brag about their trips, things, and conquests. They talk a lot about how smart they are and what they're going to achieve. They have business ventures on the go, or are "working towards" a business deal. Big things are going to happen for them!

They love to go shopping, eat out, go on trips, enjoy fun nights out at clubs, and take a lot of selfies doing all of those things. And, well, they take a lot of selfies, period. These guys really like to be admired for how they look.

They are very active on social media and have a lot of followers. They have a lot of female “friends,” both online and in their lives, and are frequently texting other girls, liking their sexy pictures online, and chatting with them on Facebook. If you’re jealous about that, “you’re crazy and reading too much into it.” (You’re not, by the way; they’re busy getting their ego stroked by girls they’re attracted to and setting up their next target once your money runs out or you get tired of their lack of contribution.)

They don’t have jobs or steady work, mainly because they’re so busy being “business moguls”. They have plenty of time to hang out with you and will wait at your house, playing video games or chatting online while you go to work every day.

They tell you they love you and only you. They’ll become dismissive, angry, and abusive if you question them in any way, asking about the girls they talk to, where they were, or why they’re not bringing in any money.

How can you weed them out? Sugar baby-boys are shallow people looking for shallow people. If you’re going to fall for style and not substance, you’re a prime target for these guys.

Have the confidence to wait long enough to see if a guy puts his money where his mouth is. If he’s showing a lot of

flash and talking about everything he has, then wait and see if he actually has a steady job before committing your heart.

Know that a guy loves to have you spend money on him, taking him out on dates instead of the other way around. Men have a hard time letting a woman pay. Remember that. Don't fall in love with the idea of having arm candy at the expense of being treated without devotion, love, and respect.

Sugar baby-boys are all about getting a maximum return for a minimum amount of work. They'll reply to your online dating profile with "hey, beautiful" or "how's your day going?" because that's what they're copying and pasting on hundreds of women's profiles every day, fishing for someone who's going to fall for their pretty bait. Don't reply to this low level of effort. Instead, only reply to men who've made it obvious that they read your profile and are attracted to your similar values.

How can you get out if you're already in? You have to break up with him. Today. You cannot change a tiger's stripes, and they don't love you enough to work to maintain a relationship. Their only reason for being with you is to gain anything they can before moving on to the next woman willing to pay for arm candy.

Trying to get what you feel is owed to you, whether it's love, affection, appreciation, or payback for how much money you've spent, is moot. It's just not going to happen, so the sooner you let him go and cut your losses the sooner you'll stop the drain on your finances and emotions.

Be prepared for a battle royale, especially if you still have money to spend on him. He's going to wail about how much he loves you, how great life is going to be once he's rich and can take care of you, and if that doesn't work, he'll turn into the biggest jerk ever. You'll be every name in the book, and he'll do everything he can to make you miserable because, well, how dare you reject him? How dare you say no to his demands? His ego just can't handle it, and he'll become furious.

Get ready to protect yourself. Toss his stuff out of your house and get a restraining order if need be. Be strong, and surround yourself with supportive friends and family members. Change your social media settings to private, block him, and get new accounts and phone number if you have to. He might create fake accounts to try to hurt you in a petty attempt to avenge his ego, so don't accept invitations from people you've never met in person. Weather the tirade; it won't last forever.

CHAPTER 12

Guys Just Looking For Nookie



Definition: The second category of guys are the ones looking for sex, sex, and more sex. Sounds fun on the surface, but that's all they'll offer you, so if you're looking for a deeply committed, loving relationship you won't find it here.

They are not the monogamous type, and in fact some of them are secretly married or already in relationships, and you're the side chick. Or one of the side chicks. Or you might be the relationship while he pursues side chicks. Either way, these guys are living lives led by their penises. Whichever direction it points, they follow.

What's their intent: Sex. Look, there's nothing wrong with hooking up with these guys if having fun sex is all you want. But if you're looking for a life partner, you're not going to find it with a guy who loves getting his ego stroked counting the notches on his bedpost.

What they'll take from you: Well, first and foremost, all the sex they can get. Which is great in a no-strings attached relationship, especially if they're generous lovers, but they

can't offer the foundation needed for commitment.

If you don't recognize them early on, they'll take your faith in your ability to be able to tell the difference between a man who's in a relationship to make you happy versus a guy who's in it to make himself happy at all cost.

They'll erode your sense of self-worth because you'll wonder if all that's loveable about you is how much you put out.

They'll take your time because you'll waste it being committed to someone whose only commitment is to sex.

What do they look like? Usually, just like anybody else. They can be handsome or average looking, working normal to high end jobs, but they usually have outgoing personalities and are quite sociable.

Their dating profile looks anywhere from glitzy to normal, making it hard to tell what sort of guy he is under the surface.

What do they say and do? These guys will say anything to get you into bed ASAP. They love you, they're committed to you, you're the only one for them: whatever it takes to get you to let your guard down and invite them in.

They'll wine and dine you if they need to. Text you multiple times a day and send flowers. Keep you buttered up and receptive.

But they're vague about what they do when they're not with you, and their phone is off limits and password protected because they don't want you to see the plans they're making

with other girls for hook ups. They're unavailable for extended periods of time "because their phone died", but actually they're busy entertaining other women or at home with the family they're hiding from you. If they do have a wife and kids, the window of time when you can see each other is limited and specific. You're not allowed to visit them at work, and you don't meet his friends or go to his place.

How can you weed them out? Time is always the greatest truth teller. Make anyone you meet wait three months before you share that first kiss. Guys who are looking for nothing more than nookie will move on because you're not the quick and easy target they're looking for.

Never fall for a low level of attention, but no matter how much wining and dining takes place don't fall for high levels either. Wait the full three months, because the truth will eventually come out in his behaviours. Someone who isn't looking for one woman to fully devote himself to won't wait around that long to get what he really wants. My book *No More Assholes* teaches you how to navigate this three month period without losing the interest of a good man.

How to get out if you're already in: If you're in a relationship with someone and suspect you're not the only one, put your detective hat on and get concrete proof before you do anything. Sometimes our insecurities give us suspicious minds, so be certain before you throw a relationship down the tubes.

But once you know for sure, get out right away. Depending on his level of attachment, you'll have varying degrees of

a fight on your hands. Guys who are used to getting it easy are loathe to accept being cut off. They'll wheedle and cajole and try to convince you that what you found was nothing more than a misunderstanding. They'll become angry when you stand your ground because they're used to being able to manipulate their way into what they want. How dare you outsmart him? How dare you deny him?

Get his stuff out of your home, change your locks, change your social media and phone number, and get a restraining order if you have to. Remember that the most dangerous time for a woman's safety is after a break up because when an immature, impulsive guy gets rejected his ego blows up and he can go on a rampage. Surround yourself with friends and family, and go out of town for a bit if you feel you're in danger. Be sure to protect yourself, and never underestimate a compulsive guy's anger.

CHAPTER 13

Losers



Definition: Losers are lazy, immature, manipulative, and did I mention lazy? They're the ones with low paying jobs, if they even have one, couch surfing either at a friend's place or living in Mom and Dad's basement. Still.

They sleep the day away, play video games to pass the time, chat online. They might have a drug or alcohol habit they're hiding, which contributes to their lack of motivation.

They're personable and charming, which is why anyone puts up with them at all, but that pleasant side of their personality is a thin veneer hiding the seething anger and frustration bubbling below the surface. They feel entitled and will lash out at anyone denying them what they want.

They usually don't have a car, or are driving Mom and Dad's. Other people are footing the bill for their lives, from paying their cell phone to giving them money to go out.

What's their intent: To be taken care of and served hand and foot. They don't want to work, clean, cook, do laundry, buy groceries, or take care of their kids. For some reason,

they feel all of these things should be done for them, and they'll surround themselves with people who'll cave to their demands.

What they'll take from you: Losers don't come out and tell you they're losers. Instead, they're guys with big goals and dreams, and they'll get there shortly.

What they'll take from you is your time because you'll wait and wait for them to become the men they say they're aiming to be.

They'll take your resources, both financially and physically, because you'll become one of the people they mooch off of.

They'll impede your growth because eventually their lack of motivation will infect you, and instead of rising up in life you'll begin to lower yourself to their level. And with that you'll begin to lose respect, admiration, and support from friends and family, as they begin to wonder why you're allowing yourself to be dragged into this depressive dark hole.

What do they look like? Neat and tidy at first, because they're trying to impress you. But look a little further and you'll see the cracks.

They've got big dreams of being the next greatest musician or something. They don't have a university or college degree. Usually they're "between jobs" or barely working, and still living at Mom and Dad's or with roommates. When you see him at the end of the day it doesn't it look like he's been out

and about accomplishing anything.

His friends aren't go getters either. Together, they like to sit around, smoke (whatever they like to smoke), play video games, drink, and eat fast food.

What do they say and do? If he has kids, he'll speak disparagingly of his baby momma and rarely spends time with his children. When he actually does he's distracted by his phone and shuffles responsibility onto those around him. Paying childcare, feeding, changing diapers, playing and interacting with his kids just aren't interesting to him.

Everyone around him is usually a jerk to some degree, even those who are financially and physically taking care of him. His sense of entitlement is so high nothing is ever enough.

In his opinion life isn't fair. He's been dealt bad cards, he's unlucky, the Universe is conspiring against him, and people don't come through. He's got a million reasons why he's not achieved anything yet.

The day when he'll work hard enough to become a responsible adult is always in the future. Tomorrow, or next week he'll find a job. If he does go out job hunting, it's a minimal effort. His days are spent lounging around at home.

He's always borrowing money, either from you or from the people in his vicinity. The money he'll make to pay his loans back always resides in the future, yet never comes through.

He's a big deal, and people just don't appreciate him enough. Nobody understands him, nobody seems to grasp

how difficult his life is, and frankly, nobody is as smart as he is. He's angry, bitter, frustrated, his dark moods only momentarily punctuated by sunshine from time to time. Those times being when he feels satisfied with the level of care and attention he's getting.

How can you weed them out? Unless he has a good, steady job, don't date a guy who's still living with his parents. Always give enough time for the truth to come to light before kissing and committing because losers will usually suck you in with lies, telling you they're working when they're actually not. Don't fall for facades! Given time, they always crumble, so be smart and wait and see if what a guy says is the truth. If his words and reality aren't jiving, move on.

Pay attention to what he says. If everybody else in his life is a jerk, chances are he's the one who's a jerk.

How to get out if you're already in: Break up, because there's nothing you can do to motivate him enough to get off his ass and become a responsible adult. He's been coddled for too long already, and nothing short of a pulling the rug out from underneath him will get him to start taking life seriously.

Get his stuff out of the house and make it clear that you won't be with someone who doesn't pull his weight in this world. **DO NOT** take him back until he's got a six month history of holding down a good job and paying his own way without anyone else's help, and he shows pride in adulting. If he manages to do this and you take him back only for him to stop working for whatever reason, kick him out of your

life and be done with it. This mooch isn't about to change and is only looking to be babied the rest of his life.

CHAPTER 14

Predators



Definition: Single moms, beware. It's a sad but horrifying fact that there are guys out there looking for moms with the kind of child they're sexually attracted to.

They seek out moms who quickly trust a guy and let them into their homes. Moms who have one or two jobs and are willing to leave their children unattended with their boyfriends while they're at work.

These guys are the most evil kind of predator. They prey on a woman's desire to have a companion in their lives and a father figure for their kids. They prey on a child's innocent lack of knowledge between right and wrong, and their fears that terrible things will happen once threatened to hide the truth.

What's their intent: To weasel their way into a home with children who will satisfy their depraved sexual urges.

To gain your trust and fool you into thinking he's Mr. Perfect so he can use your child when you're not looking. To have a safe, private place to play out his pedophile fantasies

because this scenario is safer than trying to lure a child from a playground.

What they'll take from you: First, let's address what he'll take from your children.

Your child, his victim, will lose their innocence, and they'll grow up feeling like they lost out on a proper childhood because the guilt, fear, and self-loathing they suffer will damage them emotionally. They will lose their ability to trust adults, including you, because they'll question why nobody protected them.

Their sexuality will be impacted, along with their ability to connect with future partners in a functional, loving way. They will lose emotional stability, and a lot of time in therapy as they try to undo the damage done.

They will lose out on happiness, as they'll spend too much time blaming themselves for what happened. They'll lose self-esteem because they'll wonder why they weren't worthy of safe, functional love.

These guys will damage the relationship you have with your children, because while you blame yourself for allowing this to happen they'll blame you for not being more vigilant. Hurt, guilt, and anger will become the norm, and only a ton of therapy will help you all get past it, costing you time and money.

You'll lose a measure of lifelong happiness, because even with therapy, what happened will always hang over your head. You damaged your child, and you can never change

that.

What do they look like? A wolf in sheep's clothing. Nothing is more insidious than a predator because they're master manipulators and can weasel into any environment.

They look and act so vanilla that they are hard to detect, but pay close attention to how they interact with children. This is where the clues lie.

Predators are highly adept manipulators and will kill you and your family with kindness in order to win everyone's trust. They look like upstanding, responsible members of the community. Hell, they even volunteer at a church. Protect yourself and your children, and trust nobody fully.

What do they say and do? Predators "love" children, and at parties that have both adults and kids, they're paying more attention to the kids than the grown ups. They may gush about how much they love kids, and how great kids are.

Predators spend a lot of time talking with, playing with, and hanging out with kids. This might seem charming to you because as a mom you want your child to feel loved, but this is exactly how they groom children to go further behind closed doors, and also how they get you to trust them alone with your child.

"He loves my kid so much! And they love him so much! What a great, connected relationship they have together. Surely I can let him babysit, he takes such good care of them."

Stop. Never ever, ever, leave your child alone with an unrelated male. Ever. Most child predators are *not related to the child they're victimizing*, and most of them are known and trusted members of your group or inner circle.

So no matter how amazing he is, no matter how good he is with your kids, never let someone you're dating be alone with them. Get a female babysitter, leave them with a family member, and if he's insulted, angry, or in any way upset that you make this decision and can't get over his anger even when you explain the stats, then boot him out of your life. If being alone with your kids is more important than supporting your desire to protect them, this is not the guy for you.

How can you weed them out: First and foremost, never include your kids in your dating profile pictures or talk about them in your description. Doing so is like leaving candy out for a child predator. Simply click the "Have Children" box and leave it at that.

When you start seeing someone, pay attention to how interested they are in details about your kids. If they keep steering the conversation back to them, that's a red flag.

Pay attention to his lifestyle. Is it all about kids? Teaching at a school and working as a coach, plus volunteering with kids while not having adult friends are signs of a child predator. You'll notice that they have an age they specifically like to work with, and if your child is up his alley, they'll fall into that age group.

He'll like to take a lot of pictures of your child, give them gifts, and is always up for babysitting so you can have some time off to pamper yourself or go to work.

If you notice these types of behaviours, it's better to be safe than sorry. The alternative is waiting for something to happen before removing him from your life, and the consequences of that are much more severe than just moving on and looking for someone else.

How to get out when you're already in: If you're reading this and see some of these warning signs, then get your eagle eye in gear and your momma bear suit on.

Have you noticed a change in behaviour in your child? Have they become quieter, more withdrawn, and more difficult? Then boot this guy out today. Asking your kid if something is happening might not amount to anything because a predator always takes steps to ensure secrecy, and the child is too scared to talk. So get four walls and a thick door between your family and him, and get your kid into therapy STAT.

If your Spidey senses are picking up on these warning signs but your kid is happy, then have a conversation telling your boyfriend you've come across some parenting advice about never leaving a child unattended with an unrelated male. Let him know you'll be taking this advice and if he doesn't like it he's free to leave. You'd rather be safe than sorry.

And never. Ever. Leave him alone with your child, and don't let your guard down, even for a minute. A minute is all it

takes for a secretive moment that'll change your little one
forever.

CHAPTER 15

He Is Not Going To Save You



Sometimes life is scary. Sometimes life is sad. And when we're in the depths of these two emotions we look for lifelines, hoping somebody can save us from the fear and darkness we find ourselves in.

I've met women who thought they had found someone who could bring them closer to God. Divorced or widowed women who thought they met a man that could erase all the years of settling for something less than ideal during their marriage. Women who were seeking something as hot and steamy as the movies they watch, hoping to find passion before it's too late. And women seeking a final source of financial security in this crazy world of swinging stocks and disappointing housing markets, never having saved enough to give the comforting sense that everything is going to be okay.

Women unaware that around every corner is a salesperson looking to give a false sense of security and passion.

Let me show you the difference between someone selling you a fake fantasy and an old fashioned snake oil peddler,

going door to door selling a useless concoction and getting out of Dodge before buyers realize the stuff they swallowed is giving them ulcers.

I'm kidding. There is no difference.

You can find the guy who touts his connection to God at your local church function, but if he needs your money to fund his charities, you better run. If he rushes your relationship, then insists you sell your home, first kick him out. Then run.

The same goes for anyone else who comes into your life saying they'll make it better, but first... you've got to bend over backwards and pay with everything you've got. If you have to pay to keep caring and devotion coming your way, you're with someone who's scamming you.

Of course he's saying everything you want to hear. That's the nature of the snake oil salesman. He comes to your door, holding a pretty pink bottle and saying this potion will cure all your blues.

"Oh, I don't have the blues," you say. "I just don't have enough energy."

"Well, you're in luck! This potion is the *best* energizer on the market!"

And you jump on it because what you've been dying to find is finally right in front of you.

You want to be closer to God, and lo and behold, God

spoke to him last night and said you'd be saved if you listen to him and do what he says.

You complain that your children don't visit enough, and he says he'll be by your side forever.

You say you wish you had more money saved, and he tells you he's got tons of money in the bank and it's all yours once you help him pay the fees for the paperwork.

Anything you want and need is available to you; you've just got to buy the potion he's offering up.

There is no quick fix to feeling saved from sadness, fear, and disappointment. It takes a conscious reversal of the behaviours that got you there in the first place. Meditation to shrink your amygdala and reduce negative feelings, reaching out and creating connections to ease loneliness, becoming more self-aware and raising your standards so you can find the love you're looking for, and working harder to save money for your financial well-being.

Counting on someone else to make everything alright once and for all is a dangerous thing to do because when you put the power to make you happy in someone else's hands, you risk handing your security over to someone who won't give a crap once you've secured theirs.

Step 3 - Overcoming Fear



Fear is nothing more than your biological animal rejecting the unknown and unfamiliar. Don't give fear a leadership role in your life, and avoid staying in the same toxic comfort zones you've always experienced.

CHAPTER 16

The Whole Point Is...



Wait.

Wait before you allow that first kiss, and the commitment to the rush of emotions and blinding chemicals that takes place.

Wait before you fall in love and begin to draw castles in the sky, creating a dream that you're loathe to let go of.

Yes, waiting is hard when you're lonely, when you're seeking companionship, when you're tired of being alone and want a partner in your life. Waiting is hard when your body is aching for someone to kiss, hold, and cuddle with at night. It's hard when you're going out with your friends and you're the only one who's not a couple. It's hard when you're home alone, flipping through the TV channels and wishing you had someone to download a movie with. Waiting is hard when you're a single mom wishing you had someone to share the workload with.

And waiting is especially hard when fear comes into play.

Fear of never finding the right partner. Fear of always being

the odd man out or the third wheel. Fear of forever having to go it alone. Fear of people looking at you with pity or wondering what's wrong with you since you're not in a relationship.

Fear is a terrible emotion to carry around with you, and it's a driving force towards the wrong thing when you don't manage it properly. And the worst part is, its blinding light can keep you from seeing far enough to realize how much worse things get when you respond to fear, and base your decisions around avoiding it rather than pushing through it.

It takes a helluva lot of courage to face your fears and not let them control you. But making fear-based decisions is as short-sighted a way of getting through life as you can get, and if all you're doing is being afraid of making one strong decision after another, all you're setting yourself up for is one disaster, one heartbreak, one break up after another.

When all you want is love but it's taking a long time for the right person to come into your life, it's easy to just say, "Okay, next one to come along I'm going to call fate and give it my all."

But before you do that, let's build you up. Sometimes the right one can't find you because you're not brave enough to be available and put yourself in their path. And while you're wrapped in the wrong relationship or sitting home wishing for a perfect connection, the life you really want is passing you by.

In order to play the waiting game, you need to step outside

your box and do things in a whole new way, and that really does take courage. You see, we seek what's familiar because fear of the unknown is one of our biggest stumbling blocks. Sometimes we're attracted to the wrong relationships simply because we're used to them on a subconscious level, and our brains tell us we'd rather face a known enemy than head out to battle something we've never tackled before.

So in order to help you make the right decisions when it comes to either waiting or choosing, I need to help you deal with the fears that'll come up when you're at a crossroad.

Let's get at er'.

CHAPTER 17

Create Courage Biologically, Logically, And Spiritually



Courage isn't just a feeling; it's actually a chemical reaction inside your body. That being said, there are things you can do to ignite a courage chemical cocktail.

It takes courage to say no to stepping into a relationship before you know who someone is, it takes courage to tell someone you're not going to go at their pace but instead are setting one where you have space and time to make an educated decision, and it takes courage to step back when you realize that this particular guy is setting off your red flag alert system.

It takes courage to set up and maintain boundaries, especially in a world where women are expected to allow themselves to be swept along. It seems nowadays every time I watch TV or a movie, the script is the same – girl meets guy, guy wants all in, girl and guy kiss passionately, things go slightly haywire, but then everything is hunky dory.

No wonder women are wondering where their Prince Charming is after their stories play out and they end up

with a frog on their hands. Unrealistic expectations and misinformation about the realities of attraction keep getting spoon-fed into our collective consciousness, and women are getting frustrated and impatient, leading to more and more impulsive decisions.

And when you start anticipating the next go around is just going to end up as disastrous as the last one, it becomes easy to just throw up your hands and say, “Fuck it.” Or on the other hand, rushing headlong into the next relationship in an attempt to speed up the process and get into something great once and for all.

So let’s take your “fuck it’s” and blind turns and turn them into a knowledge based approach. I want to hear you say, “I’ve got this” with confidence, and see you find the love you’re looking for.

Let’s put you in the driver’s seat, because letting the guys drive has put you in the ditch way too often, waiting for a tow truck that costs you an emotional and financial arm n’ a leg.

Knowing how to deal with fear is a big step towards your empowerment, and gives you the right tools to weed out all those posers, losers, scammers, and predators.

Understand that there are three sides of us human beings: our biological animal creating all those chemical changes in our bodies we call emotions, our logical minds which we can use to sort out these reactions before making decisions, and

our spiritual selves that are yearning for the right connection and attracting our vibrational equals.

When we take a good look at each side and give them the thought and attention they deserve, it makes life a whole lot easier to navigate. The things I'm teaching you in this book aren't only going to help you get into the right relationship, they're also going to give you tools to better understand a variety of aspects in your life.

So let's make you a fortress of wisdom and courage, because you're going to need it in today's world, regardless of what you're tackling.

Let's be clear here, our bodies are constantly secreting chemicals and hormones designed to drive our behaviours. Our thirst for oxytocin keeps up chasing after people to hug, so we can enjoy that warm fuzzy feeling we call love. Eating a big meal gives our brain a dopamine rush and triggers our "I win!" reward center, and with a surge of adrenaline our bodies are boosted with the strength and stamina we need to either beat back or outrun danger.

Understanding the biology behind your emotions and reactions gives you enough insight to use your logical brain in your decision making process, and you're no longer just a puppet on a string. So while biological instincts and impulses are constantly rising up inside you, you develop the option of stepping back for a moment and taking a second look. "Before I make a decision, is this really the right course of action for me?"

More often than not, the answer is “No.”

Now, to effectively get past the scariest emotional hump you need to meditate, because your amygdala is where that fight or flight reaction takes place. But while shrinking your amygdala will take a huge edge off your fears, you’re still human and trust me, you’ll still have human reactions. A smaller amygdala only reduces the size of the reaction, and you’ll need your logical brain to think about how you’re going to deal with the rest.

Life is going to trigger you; your heart is going to beat faster, and that knot in your stomach is still going to form when faced with a difficult or confusing scenario in life. Analyzing and allowing yourself to feel emotionally uncomfortable so you can switch over to your brain is your next step. Relax into the sensations, because that’s all they are.

See, fear really is just a system of internal reactions to real or perceived threats. How can you tell the difference?

Obviously, real threats require quick and decisive action. But short of being chased down by an axe wielding stranger or finding yourself face to face with a bear, your fear reactions are based on things that haven’t happened yet.

So when your heart starts to pound, your breath quickens and your lungs feel squeezed in response to that fearful thought in your head, relax.

Take a deep breath and keep your breathing slow and steady, and pull through the physical sensations going through your torso. Relax your thoughts and ask yourself, “What is my

reality?” Because there’s comfort to be found in what’s real versus your racing imagination.

Oh shit, you think, that guy I had three dates with has stopped texting and I’m going to lose him. Now I’m just going to end up alone and I’m never going to find someone to be with. There goes my chance at a great relationship.

That’s a common fear I see when I’m coaching women through the dating process, but think about that for a second. What exactly are you fearful of losing?

Since the best predictor of future behaviour is past behaviour, and you don’t know someone over a period of a few months (the time it would take to put together a string of behaviours long enough to get a grasp of how someone consistently reacts to situations), then the fact is you’re afraid of losing a complete stranger.

Listen, when you create a boundary like not kissing for three months, essentially deciding to not kiss a stranger, and a guy takes himself out of the picture because of that, you’ve lost absolutely nothing. What you did shake off was someone who showed you he’s not willing to stick around and get to know your personality.

But I get it. Fear is a powerful driver, and in order to truly counter its effects you not only have to shrink your amygdala and reduce its capacity to run your emotional system, but you also need to do things that increase anti-fear chemicals in your body.

And that means knowing how to raise your dopamine, testosterone, and endorphin levels yourself. Why? Because it's hard to feel small and scared when you feel great. And powerful. And winning.

Understand that as much as your brain is capable of firing off and giving your body a physical reaction, you can equally manipulate your body to send your brain signals that everything is A-Okay. It's pretty cool.

Let's start with dopamine. See those crow's feet around your eyes? Well, stop fighting them, because the muscles that contract when you laugh and smile are actually telling your brain something sweet, or awesome, or funny happened, and your brain gets the signal to release dopamine into your body. This makes you feel like you just got an emotional cookie. Mmmmmm.

Dopamine is your emotional gold star chemical, your reward for doing something good. It's part of what lets you know you should be happy, and the last thing you want to do is diminish your capacity to feel happiness. So embrace your laugh lines; it's worth the trade-off. Plus, when people see those lines crinkle around your eyes *their* brain releases dopamine. Which makes them feel... what? Happy. And that it's good to be around you. Win win.

So when you want to naturally boost dopamine within yourself any time you want, just smile, and smile big. Find something to laugh about, and you'll have a lasting feeling that everything is going to be okay because when life comes at you, you have the resiliency to end up on top.

Another chemical you can induce yourself is what I call your girl ball chemical. Testosterone is where we get the feeling we're strong enough to accomplish anything, and it's the chemical our bodies release when we win. That moment your arms shot up in celebration was the same moment your brain released a dose of testosterone into your body, making you feel on top of the world.

So if you're finding yourself swimming in a negative pool of self-reflection, put on your favourite power songs and dance around with your arms up in the air. All that dopamine and testosterone will make you feel amazing and able to tackle whatever comes up in life.

Some jerk just sent you a disrespectful message because you didn't give him what he wanted? Screw him, you're going to dance in your living room and take back your power.

And guess what? While you're dancing around, smiling and waving your arms in the air and filling yourself up with dopamine and testosterone, you're also producing endorphins, another feel good chemical component.

Do this every day, and nobody can bring you down. Nobody can convince you you're not worthy of the highest level of love. Nobody can make you feel small.

Look, when it comes to feelings, you're either going to let other people control how you feel, or *you're* going to control how you feel. You're either going to be reactive, or proactive. You're either going to be controlled, or you're going to be in control.

The choice is yours to make.

But by putting yourself in the driver's seat you take yourself beyond the biology of fear and you put your logical mind firmly into the playing field. You become your own coach, and when you become an awesome coach you start winning over and over.

And here's the thing about the connection between courage and self-esteem – the more you use courage to overcome a situation and move past it, the higher your self-esteem soars because you're building one success on top of another.

Every time you calmly walk away from a douche trying to control your emotions with negativity, you give yourself a boost. And every time you elevate yourself, you'll notice a difference in your next interaction.

And this is where the spiritual side comes into play.

See, like attracts like. In a simple universal rule called the Law of Attraction, what's happening inside of you becomes a magnet drawing more of the same towards you. The more courage you create, the easier it is to feel more courage.

The more you shun negativity, the more you fill yourself with positive chemicals and your brain with positive thoughts, leading to a higher likelihood that you'll attract the right man for you. The kind of man who's emotionally strong, positive, and happy.

You've gotta admit, all that sounds pretty awesome.

CHAPTER 18

Be Courageous, Be In Control



Being courageous goes hand in hand with having a firm grasp on your dating life. When you're the one in control of your reactions to all the bull in online dating, you open yourself up to quickly getting past douches and being emotionally ready and receptive to the good men waiting out there.

See, if you're swimming in emotional quicksand because you're getting angry at this or fearful about that, when a good, steady, happy man comes along you just feel wrong to him. Your fearful and negative energy is sooo unattractive that he's just going to keep moving on even if you do come into his line of sight.

Having the strength to delete the guy who doesn't have the wherewithal to deal with life like a mature, responsible adult means you have time and emotional stability. That means you'll notice, and be noticed by, an awesome man looking for a great woman.

But you have to be comfortable playing the waiting game.

If your sense of loneliness creates a fear of not finding the right man, your energy is negative. If your anger is constantly being triggered by fools playing games, your energy is negative.

But when you wrap yourself up in a comfortable sense of wellbeing, your energy is beautiful, positive, and filled with a strong knowledge that you deserve more than the basic shit a lot of guys are putting out there, hoping some girl with low self-esteem will feel that's all she deserves.

So get cozy with yourself.

In *No More Assholes*, I outline seven traits a great man looks for in a woman. Being comfortable striking out into the world with your confidence, courage, and individuality are key to attracting the right man, and until you get there, the wrong ones will be attracted to you like bees to sugar water.

Not to say that once you build yourself up losers and posers won't stop trying. They play the law of averages, knowing that the more often they try, the more likely they are to find a suitable target. You'll just become immune to them is all, having the smarts to delete them without a second thought the moment they clarify exactly what they are, whether it's in the first interaction or the tenth.

I talk a lot about using the No Kissing for 3 Months Rule to keep you from being sucked into their game, and my specialty is teaching you the delicate balance between avoiding the wrong guys and keeping the right men interested. You need to understand just how to let the good ones know you're not

rejecting them but in fact are interested and have the door wide open for an amazing relationship.

It takes courage to wait, especially when you actually think you've found someone great. Fear of missing out (FOMO) can be a powerful agent, and if you let that fear drive your behaviours, you're more likely to lose a good man than keep him.

Why? Cause fear stinks. Seriously. Ever hear about animals "smelling fear" on you? Well, guess what? We're animals too.

Let me tell you something about the difference between a good man and a guy living in his parents' basement. Men overcome their fears on a daily basis. They're not afraid of failure, and they tackle life regardless of how hard it can get. Guys, on the other hand, are too afraid to even try, which is why they choose to be lazy instead.

Be a courageous woman and handle your fear instead of letting it handle you, and you'll attract a brave man who goes out every day and turns a good life into an awesome life.

CHAPTER 19

Open Up Your Gut



Once you understand that fear is just a knee jerk reaction that you can and should override, you turn something else on inside you – your gut instinct.

And once your intuition gets the green light to go beyond your fears, you start to notice something happening in the real world. You'll be out and about, standing in line somewhere and next thing you know you're getting a "beep beep beep" alert inside your mind directed at the guy in front of you.

Now, this alert might be right, or it might be wrong. It's always too early to tell until you've put a few months of getting to know each other under your belt. But the fact remains: for some reason you're getting a signal, and with courage you can see where this goes.

Let me talk to you about trust for a minute.

Answer this question honestly: Do you trust yourself?

Unless you can answer that with a yes, you're not ready to date anybody. Why? Because what you're looking for should

already exist inside you, and unless you can trust yourself to make good decisions when it comes to men, you'll never trust a man no matter how great he is. Which means even if you did bring an amazing man into your life, your lack of trust will drive him away. The sheer frustration of trying to gain your confidence will wear him down to the point of exhaustion, and eventually he'll just give up and move on.

How can you develop trust in yourself? Over time and through a series of decisions, you'll learn to rely on yourself to keep your mental and emotional state steady and within your control.

Not letting your fear drive your behaviours, not letting the wrong guys into your life, not giving in to insecurities and letting yourself get conned, not being afraid to wait and let someone go the moment they pull away because they're not getting what they want; all these things build your courage and give you the ability to trust yourself.

And once you can stand in that place of knowledge, courage, faith, and trust in yourself, when that inner beeping goes off you can reach out, tap that man on the shoulder, and get the ball rolling towards getting to know him better.

Just trust yourself. The wrong guys will always prey on your fears, so be invincible.

Trust that you won't be devastated if he's not the one. Trust that with persistence you'll come across the right man at some point. Trust that you'll be okay in the meantime. And trust that you're awesome enough to attract love and

devotion once you do find him.

And read *No More Assholes* so you have all the right tools for finding him in the real world, from starting a conversation at the coffee shop to building intimacy while getting to know each other. Knowledge is power, and there's nothing I love more than putting power right in the palm of your hand.

CHAPTER 20

Confidence: Your Not So Secret Weapon



Got confidence? Yes? Awesome, move on cause you've got this chapter covered.

No? Then let me teach you how to fake it, because you absolutely need to learn how to weave that emotion from the outside in.

That's right, the old catchphrase "fake it till you make it" is real, it's true, and it's vital to not only becoming the person you want to be but also the person who becomes a Teflon Don against douches and losers.

Why?

Because nothing repels someone looking to take advantage of a woman more than confidence. The kind of guys I talk about in this book are all predators in some form or another, wanting to steal your time, energy, and finances like some deadbeat vampire, and like any predator they suck on anything they deem weaker than them.

Rising above them in strength is your #1 defence.

And here's the thing. The more confident you act, the more confident you feel, and just like you can maneuver your body to increase your levels of happiness, you can catch yourself and re-adjust your levels of confidence any time of day.

I talk about my journey towards discovering this factoid in *No More Assholes*, so I'll spare you the repetition, because reading that book should be your next stop towards finding Mr. Right. But here are the 5 steps that should be cycling through your mind as often as needed to remind yourself how your body should be positioned so your brain can create a sense of courage.

Do a physical check-in every few minutes and make sure you're doing all five of these at all times:

1. Back straight. You're going to adjust this a million times a day. Slouching has become second nature to us because it seems we're always bent over something: a book, computer, phone, tablet, food. So straighten up your spine because your brains is going to sit up straight too and feel lighter and more confident.
2. Shoulders back, chin up. Shoulders back say you're too confident to feel you need to hide, and your chin up says you've got this shit handled. Doesn't matter if you believe that yet or not, making your body communicate this will make your brain believe it soon enough.

3. Steady eye contact. You ain't afraid of nothing. When someone talks to you, maintain eye contact, and keep your face and smile relaxed. This might feel weird at first, so practice till it becomes second nature.
4. Open postures. If you're sitting, don't slump forward with your arms crossed across your lap. Sit back, cross your legs if you want, and keep your arms at your sides. This communicates you're comfortable and able to handle whatever comes your way. If you're standing, don't cross your arms. Lace your fingers at your pelvis if you want, put your hands on your hips or stick them in your pockets, but never cross your arms. You're too confident to feel small and self-protective.
5. Breathe deep. Taking three sloooooow deeeeep breaths loosens up your brain by massaging your sympathetic nervous system. This is fancy talk for your fight or flight system, so anytime you feel nervous start breathing extra slow and deep. This'll calm your brain and when combined with the four steps above, it really gives you the confident feeling you want.

Now, understand that confidence is like a muscle. The more you work on it, the stronger it becomes. Practice these five steps every day, a hundred times a day. Next thing you know, the kind of guys you don't want in your life will be bouncing off you like tennis balls off a racket.

Seeeee ya!

FAKE LOVE NEED NOT APPLY

Step 4 – Connect



*Anyone who doesn't want to see you shine as a leading lady doesn't
deserve a role in your play.*

CHAPTER 21

Safety In Numbers



There's something I bring up at every talk I give: We cannot do this alone. I mean, we can, but we're not built to.

Our minds are so distinctly geared towards being surrounded by a tribe that it even has a specific comfort number, 100. This is the number of people our human brain can associate with as one group, and should a group grow beyond that number it'll split into two. My group and that group.

Surrounding yourself with a tribe is a natural part of our survival instinct, and those who don't have that tribe feel like something is missing. Shyness or awkwardness might keep you from going out and finding your people, but the longing is still there, found in wishes for someone to enjoy the simplicities of life with.

There are purposes to the tribe that have outlasted the need to band together and share resources, like strength for protection and food gathering to ward off starvation. Being around people provides opportunities for our brains to release a bunch of happy chemicals like dopamine when we

smile at each other, serotonin when our accomplishments are recognized and celebrated, oxytocin when we hug, and endorphins when we play together.

But we also provide the ever important mirror, keeping each other aware of any weak points in our personalities. I always say, my best friends are my greatest mirrors because they don't let me fool myself.

My husband used to say "the truth hurts", and it pissed me off to no end. Mainly because A) he'd say it when I got mad at him for pointing out that I was being an ass and B) he was right.

When it comes to life, perspective is everything, and reality isn't always what you think it is. If you didn't know any better, you'd argue that the ketchup bottle on the table only has a design till someone turns it around, showing you a side listing the ingredients too. We need people in our lives who'll show us that the world is made up of more than we think. We need people who'll expand our views.

And when it comes to finding the right relationship, we need people who can see what we're not. Good, intelligent, caring people who want the absolute best for us. And when we find them, we need to listen to them even when it's hard. Even when we disagree. And yes, even when it hurts.

Because ultimately, our tribe relies on us as much as we rely on them. Coming together in a loving and functional way gives everyone the stability they need to grow. Your friend

might give you the truth nugget you hate to hear today, but it'll save you your savings tomorrow, and you'll do the same if you see them walking blindly towards a cliff. That's how it works.

Listen, I'm not assuming you're sitting home alone surrounded by cats. This section of the book is a cautionary tale, written for those who don't yet know the importance of a tribe when it comes to ensuring you end up with the right man.

If you're just starting out in the dating world and are reading this to avoid bad relationship and have a tribe, take a good look at them. Do you consider them kind, honest, caring, generous with their time and attention towards those they love? Then listen to them when they all concur that the guy you're dating is Mr. Douche, not Mr. Right.

That flare up of anger you feel when they chime in? The resistance that seems to come directly from your stomach and just wants to push their words away? That's your ego not liking being disagreed with. Put your ego aside; it honestly is your worst enemy.

When someone says something that creates that instant, inner fire of rejection, make sure you dedicate some time when you're calmer to weight their words carefully. Remember, the truth hurts. Don't be blind to the truth or reject it just because it feels uncomfortable. Discomfort is an indication that growth needs to take place, not an indication that we're right.

What if you haven't created your tribe yet? What then?

Well, Miss Wallflower, you better go out and find them before trying to find Mr. Right. For a multitude of reasons.

First, because getting into a relationship and making this one person your sole source of companionship isn't fair, because you put all the responsibility of offering you satisfaction and support on just one set of shoulders. And everyone knows, a load is easier to carry when it's distributed among multiple sets of muscles.

Second, you can count on love being blind. It's just the way it goes. All those happy chemicals are released times a hundred when we fall in love, and the chemical soup in our brains make us miss all the red flags we should be paying attention to. Your tribe won't though, and they'll make sure you don't get sucked in and dragged along by someone who really just wants to take advantage of you.

And third, practice makes perfect. So learning what it takes to surround yourself with good people gives you the tools to ultimately find that perfect partner. And a good man is already surrounded by good people, so seeing that you're similar in that way will draw him in faster and deeper, because like attracts like.

And fourth, you need it. We all need it. So let's teach you how to get your tribe, cause in one form or another doing so is going to get you square in the arms of someone loving, kind, and devoted to you in the best way possible.

CHAPTER 22

Get Your Girl Group On



Girl group? Can't your tribe just be the guys you get along with?

Short answer? No.

First of all, there's a vibe to girls that you already know is different from boys. Yes, I know that being around boys feels easier, and there's a reason for that. Subconsciously, boys want to get into bed with you, even the one loudly proclaiming how platonic your friendship is. It's a mammal thing, and you've got to understand that beneath our sleek, modern exterior is still a caveman looking to mate with a cavewoman. We have instincts, and denying they exist doesn't make them go away.

But in the natural order of things, we women always worked together while the men worked together, and survival depended on our ability to co-exist in that way. So get natural.

I know women can feel uncomfortable, and that's because also ingrained in our DNA is an impulse to compete with each other. Ever notice that high school girls are the biggest

bullies? Notice when that started? Puberty was when the bitch claws came out, wasn't it?

That's because once puberty hit, a girls instinct to compete for resources was ignited. Even though survival of the human species no longer depended on finding a strong male to help protect and feed future babies, they're still told by their DNA that now was the time to start those competitive behaviours. And so, not quite understanding the reasoning behind their increased sense of competition and aggression, teenage girls start striking out against each other in a show of dominance and strength. Strong females get strong males, and it's time to show who's boss.

Being grown up doesn't make those feelings of competition go away, but we can analyze them instead of simply being reactive, and as mature adults let those moments slide.

You want to find the sort of friends who don't blindly react to their emotions, but instead are people who carefully weigh their actions. People who practice insight and aren't afraid to be wrong. People who can apologize when it turns out they've made hurtful mistakes. People who have enough love and strength to forgive you when you make hurtful mistakes, because we all make them at some point. In fact, making mistakes is an important part of growth, so having someone in your life who understands that concept is vital.

Which leads to the next question: Where, oh where can these great girls be found?

When you want to find a particular breed of personality, you first have to create a profile. So what traits should you be looking for?

Here they are. Loving, compassionate, mature, forgiving, kind, communicative, honest, supportive, with similar interests and a fun personality that'll introduce you to more of the world by bringing you outside your box.

By the way, this is your perfect man profile too, isn't it? It oughta be. So surround yourself with friends like this, and you'll recognize it in a man the moment you see it. Become acclimated to being in this sort of emotional environment and it'll feel like home when you find it in your romantic relationship.

Now, where are you most likely to find women who embody all these characteristics? Your best bet is within the volunteering community.

Where else will you find someone willing to give up their time to help others? Someone generous of spirit? Someone warm and caring and inclusive? Someone who patiently gives people space to grow into the best versions of themselves?

You want to surround yourself with the sort of women who aren't simply going through life asking "what's in it for me?" And don't be afraid to surround yourself with people whose great positive character traits make you uncomfortable because they far outshine where you are today. We grow by surrounding ourselves with role models because we learn through observation and imitation.

And there's no better way to become a more evolved person than through osmosis.

CHAPTER 23

The Definition Of Friendship



I had an ex who sucked as a friend, but thanks to his idealistic view of himself he was the first person who helped me define what real friendship was. So while I thank him for being the asshole who sparked the title for my first book, I'm also grateful his lack of self-awareness taught me what a friend was, while simultaneously showing me exactly what they weren't. Because of him, I learned to clearly understand the concept and become a better friend while choosing a better quality inner circle.

We tend to think of friendship as something we have and feel, but like love, the word friend is actually a verb.

Real friendship isn't what you take from a person, it's in what you do for them.

Friendship is found in caring for someone's feelings and well-being. It's taking your turn being the pillar of strength from time to time, because we're not always feeling strong through life's ups and downs.

It's offering companionship even when you feel like being alone, because your friend needs a shoulder and some quiet

support.

It's helping them pack and move when they need a helping hand. It's saying yes to keeping them company on a long drive. It's listening to them vent about their bad day. It's encouraging them to come out with you when their blue streak has been going on for too long, and they should be getting out for some fresh air and fresh perspectives.

It's being able to look back on your collective history and saying, "This person helped see me through my tough times, and I did the same for them."

CHAPTER 24

Feel Too Good For A Jerk Like Him



Do you know why women get caught up with the wrong kind of guys? Because they don't feel good enough to know better.

Listen, life sucks sometimes, and suckage can bring down even the strongest, most intelligent woman. I've seen women who had all the spunk and smarts in the world get drawn into a debilitating relationship with a scammer, because life took a left turn and left them broken and seeking something, anything, to give them a lift back to the woman they once were.

And predators, like the vultures they are, wait for that moment of weakness to pounce on women and take advantage of them. This is why scammers look for widowed women. This is why child sexual predators look for single moms. This is why lazy losers look for girls with low self-esteem.

They seek out women who are emotionally low because they know that these women will quickly become addicted to the initial dopamine rushes they provide, then ignore all the bullshit that surfaces because they'll be too busy raising

their arms and offering their veins for another dose. “More please,” they’ll beg, turning a blind eye to how much they’re being fed on in exchange for the tiny amount of happiness they’re getting.

Don’t. Be. That. Woman. Instead, be too happy to get caught up in that cycle.

I talked about how meditation will reduce your capacity to feel stressed and anxious, and I taught some simple hacks you can do with your body that get your brain feeling more confident and happy, and now I’m going to teach you how being a good person makes you feel fantastic.

Remember when I said volunteering was the perfect way to make the kind of friends you want to surround yourself with? Well, there’s another bonus to devoting time every week to something that’ll use up some of your special talents.

You’re gonna feel so great about yourself.

The human animal in you is programmed to be an integral cog in society, and listening to that instinct really makes you feel whole. So if you’re spending all your time outside of work wishing you felt better about life, then this chapter is for you.

I honestly feel that each and every one of us is custom made to be amazing at something. There’s something you do that people admire about you, whether it’s how easily you can talk to the elderly, how well you can bake, or your ability to coax even the biggest scaredy cats onto your lap. Somewhere

inside of you is a talent unlike any other, and putting that out into the world is what your heart and soul is waiting for.

Take a second right now and think about that. You probably know what it is already. Now ask yourself, how can I give this talent away?

Because here's the thing about giving: There's no such thing as pure altruism. Altruism is a word that means kindness, selflessness, charity, and benevolence, but you can't be those things without getting some form of emotional kickback yourself. Ever dropped food off at the food bank and felt good? Brought someone soup when they were down and though you blushed at the thank-you you got, felt a bit happier for having done it? Given someone a gift from the heart, just because, and felt a bit floaty for a while after?

That's because when you do something for someone else out of the generosity of your heart, your brain releases dopamine, since being a good person is the emotional equivalent of winning. Giving to someone who needs it, not someone who demands it, feels great because you're serving a purpose in your society and every fiber of your being knows that *this is right*.

Sitting at home and spinning about not feeling good only perpetuates those feelings, because you're basically exercising the muscle in your brain that contains that notion. Keep lifting the "I feel bad" barbell enough times and that particular thought becomes the biggest, steeliest muscle you have.

iSo drop that weight and pick up the “I’m a good person doing good things for good people” weight, and right away you’re going to feel better about yourself. Keep lifting that barbell, and in no time you’ll be too strong for the guy who tries to convince you that your only source of feel good chemicals come from him and him alone.

CHAPTER 25

Stop Thinking About Yourself



That's right, I said it. When you become hyper focused on yourself spinning begins to take place, and next thing you know you're in an endless loop about how unhappy you are.

And loops are impossible to escape of if you don't keep applying steady pressure in the form of changes in behaviour. So if you've been thinking for too long about how bad you feel, quit that. It's time to exercise what I call a redirect.

I keep using this phrase, catch yourself, but it's one of the first things that came to mind when I started my upward swing from the rabbit hole of grief and depression I'd gone down. I'd bottomed out when I just couldn't stand to be in my skin anymore, but something snapped, in a good way. One day I really started listening to the voice speaking to me inside my head.

It had said things before, comforting things like "you're going to be okay, because when you're done all this you'll have something valuable to teach." So while I was helplessly wondering how far down I'd go, I still had a certainty I was

going to come back out with something to offer.

And one day that voice said, “Catch yourself.”

Catch myself. As in, catch myself doing whatever I was doing, over and over, minute by minute even. Catch myself thinking, feeling, sitting. Just interrupt myself in the moment and check in.

What am I thinking? Am I stewing over someone else’s impropriety? Am I beating myself up? Am I spinning about how I can’t seem to get a hold of my emotions? Am I stuck in the past?

What am I doing? Do I need to get up and move? Am I doing something geared towards taking care of myself? Am I accomplishing something useful today, even if it’s just something small like meditating for 10 minutes?

Catch myself. And redirect if need be. Tap into what would be right for me at this very moment, and if it just meant getting a glass of water, doing it.

And surrender, too. Because sometimes doing the redirect came with feelings of guilt because I wasn’t focusing all my attention towards making other people happy.

Stop. Catch yourself. Redirect and surrender to your needs, and shift your attention from your head to what your body and soul needs like walks, meditating, calling friends to get out and do things with, or setting up a volunteer opportunity.

Stop thinking about where you’re at and start thinking about

where you want to be, taking a step today toward being there. Every little bit counts.

Step 5 – Discover



Never underestimate your ability to change and affect those around you. There is goodness in everyone. Tap into your own, and you'll see those qualities flow out of those around you.

CHAPTER 26

What's Your Specialty?



There was something I realized about myself a while back that was a real eye opener. Putting all my attention on other people was really just a distraction from dealing with myself.

And to be honest, I didn't want to know me at the time. I didn't want to tap into how unhappy I was while I grieved lost loved ones. I didn't want to focus on how self-destructive my actions were day to day. I didn't want to feel the negative effects of not taking care of myself. So instead, I let my thoughts get pulled into other people's problems or how other people's actions were causing me problems.

And when I finally realized that and decided to stop the outward pull on my attention and turnrd it inward instead, I heard that voice again.

"I want to be of service."

Huh? I understood that simple sentence, but what should I be doing? I needed direction but since this was all I was hearing over and over in my head, I started to just accept any requests for help that came my way.

“I have to quit my dog walking job because it’s taking too much time,” my friend Deidre said one day, and sensing how much it tortured her to leave a sweet lady in a pickle, I volunteered to jump in and take over the job.

“Do you know someone who can clean houses?” asked the retired woman on my block as I walked by with Maggie and Lulu. “I can clean!” I said. She looked at me doubtfully. “Do you know how to clean a house?” she asked. I wasn’t fazed by her raised eyebrow; knowing I’d impress her with my advanced cleaning skills. “My momma taught me well,” I replied with pride, and she instantly understood. I’m sure we both imagined toothbrushes and corners in that moment.

And for the next few months that’s what I did. I was grateful for these small jobs, because they interrupted my spinning and gave me someone to help.

I also volunteered on our local Mental Health Crisis Help Line, spending a few days a month answering calls from people who needed a caring, compassionate voice to get them through the next few hours.

And that voice saying “I want to be of service” became louder and louder.

So come that February I shelled out \$500 for a booth at a local trade show for women. I didn’t have a business name or any kind of branding, but what I knew was I needed to let women know I was there for them. I had a “Help Desk” sign printed up with a list of questions from how to deal

with relationships to the meaning of life. I knew my talent was answering questions, and I wanted to find out what women really wanted from me.

I created a list of workshops, all geared towards things I loved doing. Meditation, dancing, understanding human behaviour, and dating advice were some of the topics I listed, and through their curiosity I ultimately found out what was needed of me. I was to help women find the love of their lives.

I gave my first workshop on dating (one woman had signed up for my “Increase Your Confidence” workshop but she didn’t show up) and got rave reviews. When I wrote my second version, more and more information began to pour out of my mind, and soon it was clear I had a seminar on my hands.

Next thing I knew, the voice in my head said, “This is your book. Write.”

And now, a few years later, here I am. Four books under my belt, my fifth spilling out from under my fingertips this very moment, a series of successful seminars growing my fan base as word spreads about how fun and informative they are, and speaking gigs rolling out at women’s events everywhere.

But it all started with one small detail. Being of service and saying “yes” to helping out where I was needed.

I didn’t find out what my specialty was right away. It took a

few years after that first step outside of myself to really tap into what I would joyfully give this world. But listening to that voice opened the doors to the journey I had to take to get here.

Being of service saved my life, it saved my sanity, and it ultimately helped me become the sort of person who could plug into a relationship with a good man offering the kind of generous love every good relationship needs.

Listen, I know you've given your all to underserving guys before and have been burned. So start giving your love and attention to people who really need it, because not only will you learn to recognize a man who's as generous with his kindness as you are, you'll uncover and develop yourself in ways you've never imagined. Shifting my focus from wanting to be distracted to wanting to help changed the direction of my attention and ultimately helped me uncover my talent.

Who knows what deep down, hidden talents you'll discover in your own process?

CHAPTER 27

Discover Appreciation



Ever given everything you had in a relationship, desperately hoping your efforts would be recognized and you'd get some appreciation in return?

Sucks, doesn't it?

A healthy relationship is filled with mutual appreciation, and the best ones happen when you feel soooo appreciated you just want to do more and more in return.

But sometimes you've got to discover a feeling inside of yourself before you can even hope to understand it within your reality, and appreciation is one of those.

Appreciation is a great feeling, and like most great feelings, we sometimes reject them simply because they're not fitting into our norm. Understand that as human beings we seek what's familiar, and if crapola is what you're used to then the opposite of crapola makes you uncomfortable. It sounds so weird, but it's unfortunately all too true. This is why when I'm working with women to turn their lives around one of the lessons I have to teach them is how to be okay with goodness.

Appreciation is a vital component in a relationship, but here's the million dollar question: Do you appreciate yourself?

Asking someone to contribute that emotion before you've learned to develop it within your own heart and soul just plain isn't fair.

Why? Well, for starters, if someone tried to appreciate you, you'd probably end up rejecting them because of your cognitive dissonance. In other words, your confused notion of what you want and don't want would collide, since part of your brain would say "I'm so wanting this in my life!" while the other part would come back with "I probably don't deserve this since I haven't received enough so far."

We all have to go through a ton of sorting out when it comes to finding the right relationship, trust me. I didn't end up in a great marriage without having to dig through piles and piles of emotional confusion, childhood conditioning, and ex-boyfriend baggage first.

And you have to start with the basics. That humongous tree (find one and look at it) didn't start off so big. It was a tiny seed once, and it took a lot of time and sunshine and yes, even rain to make it what it is today.

You, my dear, are that seed, just waiting to be all lush and loved and filled with knowledge of just how much you can grow despite the biggest storms.

But you're not going to get anywhere until you learn to appreciate the woman in the mirror. You won't accept full

appreciation from someone else unless you can look at yourself and say, “You now what? I’m seriously boss. I’m a great person, I offer a lot, I’m awesome, and I’ve got this.”

So I’ve got a little exercise to help you start building your self-appreciation bit by bit like I did.

Grab a piece of paper and write 'Love' at the top. And every time someone gives you a compliment write it down. We have this tendency to forget about positive things and focus on negatives, but this paper is going to save you from your spinning mind and remind you that there’s more than what you’re seeing and acknowledging in this moment.

Here are some of the ones I wrote when that voice in my head told me to start paying attention and taking notes so I wouldn’t forget the good people see in me.

“You give such great hugs.” “I gravitate towards you.” “I wish that you could see yourself; I’m so impressed by you.” “You are so healing to me.” “I can see the depth in your eyes.” “You’re so soothing, I feel calmer already.”

I put those into a folder labeled 'Personal Inspiration and Motivation.' I started to add experiences to it too, like the time at a women’s retreat and had to dance in front of the whole group to my favourite song, and realized I felt comfortable taking a leadership role.

I didn’t know at the time I’d go back to those notes to boost my morale in moments of self-doubt as I stitched

my business together. They ended up giving me the words I needed to hear, again and again, when my brain forgot to tell me I deserved to appreciate myself and what I brought into this world.

And you know what? Little by little my confidence grew. Little by little I began to trust myself and appreciate my talents. And little by little I became a happier person because I'd interrupt my negative flow and redirected to the positive aspects people saw in me. And most importantly, I allowed myself to believe them.

Do you know what's synonymous with appreciation? Gratitude, recognition, tribute, acknowledgment. Give all these to yourself and accept them from other human beings. Rub appreciation all over yourself and since like attracts like, you'll captivate the sort of man who'll want nothing more than to sprinkle even more on you, because what he sees in you is amazingness meant to be appreciated.

CHAPTER 28

Discover Greatness



There's something incredible that happens when you tap into yourself in a positive way. Using your mind to create calm through meditation changes your perspective, as stress and anxiety fall away and you begin to feel a cool calm wrap itself around you day by day. Using your body to be of service to others fills you with warm fuzzy feelings both inside and out, as satisfaction fills your soul and people's recognition and compliments fortify your sense of belonging in this world.

Your focus turns outward, both in a giving sense and an accepting one, and you start to float. Seriously.

This is a perfect storm when it comes to avoiding being caught up in the wrong relationships, because when you fill yourself up with goodness you become immune to fakery.

See, here's the thing. When little goodness is going on in your life, anything can seem good. If you're not getting filled up with positive attention from people who are genuinely grateful for your presence, then even negative attention feels good. If you wonder how that can possibly make any sense,

look at the kicked dog who still devoutly licks its master's hand.

Guys who make your life hell with all their draining habits always look good at first. We're not idiots here, falling for schmucks who look like schmucks from day one. But if our lives are devoid of enough positive attention when we meet them, we quickly fall for the goodness they put on the table and find ourselves too addicted to get out when the mirage falls apart. Our brains and hearts crave what we thought we'd be getting for the long haul. A life filled with goodness.

"If I just work harder to make him happy surely we can get back to that space where he was making me feel so cared for and important," we say to ourselves, too often, for too long. Screw that.

A good relationship with a good man is a series of growing steps, each difficult time leading to a stronger union and higher sense of self awareness and self-improvement. For both parties.

But here's the kicker: In order for you to really be able to grasp and maintain this kind of relationship, you have to develop it with yourself. Finding someone to grow a real, lasting love with starts with you being open to teaching yourself that trick. Only then can you have that functional security and stability within a relationship.

And so, on your path towards a great relationship is the stepping stone called *feeling great*. If this doesn't sound awesome to you, I don't know what will.

Great relationships are those where feelings are genuine and given freely. When you're looking at guys versus men, you can whittle down all the characteristics to this: Selfish versus Generous.

Guys want want want, and will take take take till they've drained you dry, then complain that you aren't giving them more.

Men will give give give, and complain that what they're offering isn't being accepted and/or appreciated, because you're too busy feeling underserving or can't fully acknowledge their positive aspects with your negative brain.

So before you scare away a good man, let's get you used to really sinking into genuine positive feelings. Becoming familiar and accepting of them is going to help you in so many ways.

We talked about volunteering as a step towards generating those feelings. Now let's talk about how you're going to deal with them so you don't fall back into a habit of rejecting them.

It's one thing to accept a compliment; it's another to allow the compliment to sink in fully and plant a seed that'll grow into a new sense of being.

Because here's the thing: There's who we are as a result of how we were brought up, there's who we are as a result of our own thoughts, and there's who we can be as a result of our actions.

What I want you to take away from this chapter is the power of redefining yourself through your actions and through absorbing the words and feelings that are generated as a result of your actions.

We human beings aren't unchangeable. Even stone can change over time, slowly modified by the weather above ground or the shifting earth below it. Every single thing on this planet is capable of profound change, including you. The question for you is always how and when you will change.

Taking control of that change and setting the direction is extremely powerful. I say this from experience, and I can assure you once you take the wheel, a lot of really good stuff starts to happen. Taking my hand and letting me guide you through the process is like asking a Sherpa to help you get up Mt. Everest. I show you the way while lightening your load.

Yes, change is a difficult process, but with a bit of help your trek is more likely to succeed.

Meditating preps your brain, helping you shed some of your inherent and learned negativity, while volunteering surrounds you with the right people to be your support system. Now let's talk about what you're going to do about the good feelings you start accumulating, and how to create even more.

Every time someone gives you a compliment I want you to exercise a certain part of your brain. When most of us get

a compliment, there's often a mental resistance that takes place, and trust me, it's normal. I still experience it even after all these years of meditation and redirecting, so don't beat yourself up at any point when you feel that. It's not what you experience that counts, it's what you end up doing that matters. Remember this.

So, say you helped out at your local animal shelter. Someone says, "You're so amazing with the animals; your personality is pure magic!" You feel an instant flush of embarrassment and your mouth opens to deny the compliment, but remembering my advice you immediately close it, then smile and say "Thank you!" despite your discomfort.

Don't end it there though. You have an opportunity to use that compliment for a twinge of growth, so do it. The person giving you the complement walks away, and you turn back to your task. But let your mind stay with this complement. Repeat it in your head, turn it over, hear it again and again, and let the words sink into your body.

You'll feel those words fill your head and trickle down to your heart, at which point you need to relax your torso so they can expand from there, filling you with a warm fuzzy feeling. Breathe, relax, and inhale that positive glow. Imagine it becoming part of your DNA, part of your being, part of your mind, and part of your essence.

This is how you become comfortable with genuine feelings of love and appreciation. This is how you tap into real positive emotions, by letting them become a physical

sensation every time true appreciation is directed your way. Every time someone sees not just you, but inside of you, and compliments your character, let those words in.

Anyone can say you're pretty, anyone can give thanks for what you buy them, but it takes a truly human connection for someone to see inside your essence and recognize your gifts, and it's in those moments that you actually connect on a spiritual level. It's by inhaling those moments that you change into the best version of yourself, because you allow them to elevate you.

I call this a deeply emotional exchange of positive feelings. You allowed yourself to feel good by being recognized, and the giver felt good being in the presence of someone who let themselves be appreciated. There's so much winning going around in these situations, it's crazy. And it feels so wonderful because fundamentally, it's the way it should be.

I see you, I appreciate you for your gifts, you allow me to feel good about who you are. You feel good about my insight, and your positive energy reverberates back to me and heightens mine, allowing me to feel even better in your presence.

Look, our animal selves are highly instinctual beings, functioning automatically in order to survive and procreate and ensure the survival of those we give birth to.

Our logical selves are designed to navigate this world, attempting to make the best decisions possible, and hopefully override any nature versus nurture typos in our mental code.

But our spiritual selves, well, those are designed to connect on a whole other level. It's the spiritual connection that feels great when things are in harmony, or bad when they're not. It's our inner guidance system, and in the same way our nerves tell us when we're touching something that's burning our skin, our spirits tell us if someone's energy is burning our souls.

When someone looks at us and only sees a commodity, or when all we think we can offer are commodities, things fall apart and feel wrong on so many levels. Why? Because we are more than just functioning hands, more than just machines made to survive and procreate. We're made to plug into each other with love, and real love only happens when it's wrapped in sincere gratitude and allowance for each other's humanity. Appreciation for each other's service. Forgiveness for each other's mistakes.

The people I'm teaching you to avoid aren't bad people, but they're so far from understanding the beautiful part of being human that all they do is look for ways to dull the pain inside. Unfortunately, the only place they look is outside themselves, and the only path they consider is the laziest, not realizing the way to really deal with it is to conduct some self-surgery. Something that takes time, effort, and precision, none of which they're willing to invest in their own happiness. And so they go about their life trying to sucker anybody they can into providing for them what they're too lazy to create for themselves.

I came across something I wrote on someone's Facebook

post a few years ago, and it would have stayed forgotten if she hadn't reposted when it popped up again in her feed. It was a Valentine's Day meme and she'd added something about the promise of love, to which I'd replied "There is no 'promise of love.' It's just there to be tapped into, like the air we breathe."

Love is always there for you but there's something weird about love: You can only see it in the forms that you yourself already recognize. If love has always been painful for you, you'll mentally tear apart even the most ideal looking relationships you come across. If love has a beautiful feel, you'll see deep, intimate love around every corner.

The process of becoming kryptonite to guys who aren't ready, willing, or able to love you well also prepares you for receiving the kind of love you really want. It helps you experience it on a personal level first through the love and appreciation you sprinkle on yourself and accept from others.

You know what I call that? Win win.

CHAPTER 29

Become A Professor And Discover Your New Circle



Be vocal and confident in yourself every step of the way. Why? Because nothing cements a lesson like teaching it to someone else, and nothing sheds the wrong people in your life and attracts the right ones more than letting the world know how your positive actions are changing who you are.

It's too easy to fall back into your old ways because the people in your life either don't want to come along for the ride or even worse, want to keep you down so they themselves can feel comfortable about the spot they're spinning in. Misery loves company, right?

When you do something that makes your life better and become vocal about it, you give yourself the opportunity to become stronger in that position. Don't ever deny the truth. When meditation makes you feel calmer, less reactive, and more comfortable being on your own so you can wait for Mr. Right instead of Mr. Distraction, don't let anyone else cut your experience down.

Instead, start teaching anyone who'll listen, and most importantly, don't stop doing and learning.

When you go to work and your co-workers comment on how cheery you've been lately, talk about your favourite meditation track and where you like to sit when you meditate. Tell them how often you do it, and for how long. Talk about how it's changed your inner world and made you surprisingly unreactive to all those stressors like traffic or late busses. Tell them that you've noticed how easily you laugh and smile at the checkout girl.

Talk to people about how you're deleting a ton of responses to your online profiles each week because you're looking for a special kind of quality, and how because of that you have much more time to enjoy the little things in life. Tell the people you volunteer with how your heart grows a bit more each time you see them and how working with them gives you something to look forward to, and spread the word about how great that organization is.

Everywhere you go and everyone you talk to gives you a chance to teach the great things you're discovering about life.

If you're developing new skills either through work or volunteering, then look to teach those skills. Ask your supervisor if you can be a trainer or mentor. Join groups of like-minded, growing people, and wherever you feel you have something to contribute, do so.

Don't be so shy that you stay quiet. Develop your voice

through giving information, and you'll find speaking up for yourself becomes easier and easier. If you say you're meditating and it's changing how you feel and someone poo-poops it, let them know they don't have to believe you but your experience is enough proof for you to keep at it. And keep wanting to help everyone who's open to their own inner change.

There's a reward in moving forward and then reaching back for anyone willing to follow the trail you're blazing. And for me, it's the best reward of all.

"You're so *emotionally* rewarding!" I say to everyone who lets me guide them towards the real, positive changes that bring them what they're looking for in life. And I mean it.

In those moments when I get an email from someone telling me how my advice has changed their life and relationships, I feel like life just can't get any better. Sometimes, I literally break down crying because the good feelings inside me are so big they bust out in happy tears.

And really, isn't that what all this is about? Feeling happy? Regardless of whether or not you're in a relationship with someone, you can be so happy simply by spreading happiness. It's a perpetuating cycle of awesomeness. I've made myself happier and helped someone become happier, which made me even happier, giving me more happiness to teach. On and on it goes, a never ending cycle of growing and replenishing happiness.

You might be having a shit day because, let's face it, this is

is real life and that's going to happen, when out of the blue someone sends you a text saying, "Thank you so much for teaching me what you did. I talked to someone today who's feeling as crazy as I used to, and I'm so grateful for you right now!" Boom, instant lift!

And don't forget, your brain is a network of neural pathways just itching to be laid in one direction or another. The more you teach the positive aspects of your life, the more you direct your brain to create even deeper positive changes, and feeling empowered becomes a way of life. Next thing you know, people start looking to you to show them how to feel as great as you do.

So teach. Anything. Just find your voice and use it for good, and you'll elevate yourself even higher and become untouchable to anyone but a man with a heart as kind, caring, generous, and loving as yours.

CHAPTER 30

Life Is Great



When's the last time you sat in reflection and thought, "My life is so amazing." Yesterday? Throughout the day? Then you're on the right track!

But if you can't remember when was the last time, or ever, then take my hand. I've got some magic to show you.

Your experiences and brain might have kept you from having this kind of outlook till now, but following my advice will get you into this frame of mind sooner than you think. It's all a matter of letting it happen through a series of conscious moments.

When you get an email from someone telling you you're great, or you realize you're not as reactive as you used to be and in fact feel pleasantly calm and appreciative of life, dwell on those moments. But also bring them up over and over.

Every time you find yourself with the ability to have an idle mind, whether it's during meditation, on the way to work, in between phone calls, or waiting in line at the grocery store,

go seeking in your memory banks and bring up something good that happened recently.

Tap into the memory, bring the feeling back up and really let it fill you once again. Ever smell something and feel yourself transported back to the moment when that particular smell first impacted you? Every time I get a head cold I'm taken to the day my sister, cousins and I went to see *Star Wars – Return Of The Jedi* in downtown Vancouver. My sister bought us specialty popcorn across the street, and it was an exceptional moment for me because in a way I felt both cared for and all grown up. Funny how having a snotty nose makes me feel nostalgic every time.

Your brain is an incredible machine, designed to trap memories of all types. You can sit and stew endlessly over how someone wronged you, turning the event over and over in your mind and reliving the emotional storm forever. Or you can choose to bring up the good stuff, reliving those warm moments and letting them fill you with profoundly positive feelings once, twice, three times over.

Redirecting is a great tool to use when you find yourself going down negative paths, and digging through your memory for something good to focus on is your bread crumb trail towards one day feeling overcome with this blissful message: “My life is so amazing.”

Let me tell you, those words are like sugar to your soul when they fill your head.

When that happens, turn that into a memory too. Don't let

the words just zip through your mind. Instead, use a mental butterfly net and capture them. Bring them in, hold them close, and let their meaning fill your heart. My life is so amazing.

Draw them deep into your body and let the meaning sink in. In this moment you're experiencing pure happiness. The simplicity of your existence is becoming clear. My life is so amazing.

Let them fill you till you think you're going to bust at the seams. Let your mind really grasp how great you feel in this moment, regardless of where you are when it happens. That's the beauty of thought: No one ever really knows what's in your brain, and this highly emotionally charged minute is all yours to unpeel and savour even at the grocery store. My life is so amazing.

Life really is great. I mean, yes, it's got some crappy moments, but it's got some really awesome ones too, and whatever you focus on most is what gets perpetuated. So discover what's oh so sweet about your life by making all the little good things the focus of your attention. Because it's in all those moments that you discover just how sweet life really is.

Step 6 – Intimacy



Don't be afraid of the love you deserve.

Chapter 31

Intimacy Starts Here



I am such a word nerd, so I can't talk to you about intimacy without coughing up words that are synonymous to help you really understand the meaning. Friendship, familiarity, understanding, and affection are all words intricately tied to intimacy. Without any of these, you don't have true intimacy.

Believe me when I say a relationship with a real man is filled with all of these qualities, but he's not going to jive with you unless you can look at the woman in the mirror and nod in agreement when you run those words through your mind.

Do you feel like you're friends with yourself? That you give yourself kindness and support? Are you familiar with your heart, and do you know how to give yourself what you need, when you need it? Do you understand your moods, your ups and downs, and do you forgive yourself when you're human and have off days? Do you look at yourself and feel good about your own existence?

If the answer is no, then I daresay you need to tap deeper into your goodness before looking for a relationship. Take down your dating profiles for the time being, because becoming

intimately involved with your heart and soul should come before trying to find a life partner to create intimacy with. Putting the cart before the horse doesn't get you anywhere.

Intimacy is a learned art, partly because so much happens in life that shuts us down and drives us to throw up self-protective walls. There are a lot of people unconsciously hurting others in an attempt to deal with their own pain, and I'm sure you've come across your share.

Developing intimacy on a healthy level is something we sometimes have to learn from scratch, like crawling before walking and running. In a healthy childhood intimacy is learned within a safe and loving space between human beings, but we all know that's not always the case.

And as we all know, *ideal* is rarely how life happens, and as adults we now have to, in a way, raise ourselves all over again.

Sometimes we have to find our emotional greenhouses. Plant our seeds in a space where we're protected from the elements and can grow safely until we're strong enough to be transplanted in the real world. Even caterpillars cocoon themselves before morphing into a being strong enough to migrate huge distances.

So how do you become intimate with yourself? How do you become the woman who cherishes the person in the mirror so she can be comfortable being cherished by an amazing human being?

Start by taking a look at your surroundings.

Whether you like it or not, you're a product of your environment. Are you surrounded by catty women seeking to lift themselves by stepping on others? Or are you complimented and commended on your character and deeds?

What are you witnessing day in and day out? Mean spirited people who never have anything good to say about others? Depressed people who never seek to lift themselves, instead choosing to wallow in victim mode because they feed off the sympathy their negativity incites? Does your inner circle guffaw and blow out the match each time you try to light your own candle and see yourself in a positive light?

Then it's time to change your outer life and create something that better reflects your inner desires.

Do you know why people create vision boards? Because when you give yourself the option of actually looking your goals in the eye, it becomes easier to achieve them. Think about the process of creating a career. First you imagine what you want to do, then you go to school and learn what the job is all about, and when you're ready, find some co-op placements that give you an idea of what'll actually happen when you land your dream role.

There's a lot of training that happens on your way to solidifying a dream, and the more you physically immerse yourself in your goals, the more likely you are to achieve them.

Being in a great relationship takes a lot of mental effort, and if you're able to achieve your own happiness while spreading even more outwards, you'll always be looking to pin blame on others for how your life is turning out. Which means no matter how great he is, you'll fight your relationship into the ground.

Having a successful, intimate, and loving relationship starts with your own mind, and forming that mind happens when we put ourselves in a winning environment. Find couples who have what you want and become friends with them. Find single girls who are happy and optimistic about life, and become friends with them.

And when those wonderful, positive people see greatness in you, believe and appreciate them.

CHAPTER 32

Stop Being Too Nice



I know wayyyyy too many women who do things they don't really want to because to them, saying "no" is even more emotionally difficult.

So they say yes to sleeping with guys they're not really into. Yes to keeping someone company when they'd rather go home. Yes to spending money on someone when their budget is already stretched.

"I'm too nice," they say when they talk about how much they bend to the will of others. Bullshit. It's not that they're too nice, it's that they don't have the balls to stand up and speak the truth in their hearts yet. There's definitely a discomfort that comes with using your voice to back up your truth and be assertive, and the longer you've been a "people pleaser," the bigger the mental hurdle appears in your mind.

Look, I know all about this. Until I found confidence in my mid-twenties, I let myself get steamrolled over and over, walking away from situations with unsaid words that boiled in my brain for years and a knot in my stomach that formed every time I thought about what went down.

What changed? I got sick and tired of living with regret. I made a promise to myself that every time my stomach told me a situation wasn't right, I'd ignore my fear of speaking my mind and force the words out of my mouth.

“No.”

It wasn't easy. Just like anything new, you first have to decide that fear isn't going to get in your way. You have to ignore the pounding in your heart, the blood rushing in your ears, the shaking in your hands, and the huge, heavy knot in your stomach. And do it anyway.

Who knew saying something as simple as no would be so hard? But do you know what? It's only hard because you're not used to doing it yet.

I don't know about you, but before I learned how to drive a car I was really scared and nervous. And when I finally got behind the wheel with a driving instructor, I thought we'd spend a ton of time driving circles in the parking lot before she felt confident enough to let me hit the street.

But to my shock, once we went over what did what on the console she said, “Okay, let's go.” And despite my fear, I put the car in gear, turned out onto the street, and started driving.

It was easier than I thought it would be, and the fact is you have to drive to learn how to drive, just like you have to say no in order to learn how.

Like driving, saying no is scarier than you think, and only

when you really start doing it do you realize just how much you can accomplish in a short period of time. But you have to get out of your own way.

You have to make a promise to yourself, that you'll listen to your own emotional cues and respect them. That you're not going to give yourself any more regrets. That you're going to be true to yourself and start becoming who you really are. That you're going to make your outer world reflect your inner desires.

Resenting people because you're not speaking up is how you kill opportunities for solid, loving relationships, and how you end up surrounded by people who'll suck anything they can get out of you. Because there will always be people in this world who don't care about how others feel and instead are focused on what they can get, and you'll always be targeted, and subsequently used up.

Speaking your truths might reduce the number of people in your life. Staying calm in their storms and not taking responsibility for their anger because you're not bending to their will might drive them away, and that's okay. You shouldn't be surrounded by fake friends who only see you as someone who gives while they themselves dismiss your needs.

Remember, the truth will set you free.

It'll free you from people who don't actually care about you, and it'll free you up to really explore yourself and grow into your best version. It'll give people around you the freedom to make you happy, because they'll learn they can trust the

words coming out of your mouth, and what you say and do are meaningful and not just things you put out to pacify them.

Yes, it's hard at first. Like, really hard. But what you're overcoming is just the physical symptoms of habitual dishonesty, and all those things like your pounding heart and shaking hands are nothing more than reactions. Let your words come out despite what you're experiencing, and each time it'll get easier and easier.

And what you'll discover over time is who you really are, because your mind isn't caught up reliving all those moments you wish you'd spoken the truth. You'll have more time to do the things you want to be doing, and eventually you'll be surrounded by people who like you instead of people who just like you for what you do for them.

In essence, your life will become more real in so many ways.

Remember the story of Pinocchio? He was made of wood, and every time he lied his wooden nose grew and grew. But only when he became brave, truthful, and unselfish did he become a real boy.

You might be convincing yourself that saying yes to people when you'd rather say no is being unselfish, but you're no different than the mother who gives her meth addicted kid money "for food." She's convincing herself that the money isn't going to drugs and that she's not codependent, but the fact is Mom is forking over cash to make herself feel better, not her child.

She's doing it because she'd rather not face the consequences of saying no. She doesn't want the angry condemnation, her own guilt, and the loss of communication if she cuts off the cash flow. Ultimately, it's all about her own feelings and her weakness in the face of their negativity.

But when it comes to getting to a good place, you've got to climb over the accumulated shit piles in your life. Your conditioning, your baggage, your old habits. And you've got to start making honesty a part of your dialogue, regardless of how scary it is in the moment.

A truly beautiful, intimate relationship can only happen when both people are real and raw. Only then can you actually, honestly make each other happy. Only when the truth flows, even when it's hard, can you feel comfortable knowing you've tapped into each other on an authentic level.

Avoiding the truth just because you want to avoid a fight means you're always keeping intimate love at arm's length. Not just with a partner, but with yourself too. Because unless you're looking at the woman in the mirror and saying, "I respect you, your heart, and your needs," you'll never stand face to face with a man looking at you saying those same words.

CHAPTER 33

How Do You Say No When It's Hard?



“No.”
That’s it. Next chapter!

Okay, I’m kidding, but sometimes it really is just like that.

Ever go shopping and the person at the checkout counter asks you for your postal code? Personally, I don’t feel like standing there and taking that extra time to divulge my information. I’m here to shop, not give Head Office statistics so they can figure out where to open another store. So I look at them and simply say, “No.”

I say it sweetly, simply, and firmly. And I leave happier because I didn’t succumb to doing something I didn’t feel like doing..

Say no to strangers each and every time you want to, they’ll rarely debate you. And if they do, you don’t owe them an explanation. Repeat your no, and if need be walk away. Don’t

waste time on people who are intent on taking anything they can from you. “I don’t need to explain myself to you” will suffice if they push. Like my husband says, they don’t have to like it.

But what about the most difficult times you say no? The ones to the people who are used to hearing you say yes? The people who’ve been your friend for a long time or family members? In these cases, you’ll need to use more words to help them understand just where this new you is coming from. And then, you’ll have to be okay with giving them the option to either accept this new, evolved you or find someone else who’ll give them what they want.

“Can you lend me a hundred bucks?” your friend or sister or parent asks.

“No. I don’t have any money to lend.”

“Why not?” they demand because they want to wear you down, to find your reasons and break through them.

But here’s the kicker. You don’t owe explanations when you say no. You don’t need to justify saying no. You don’t have to defend saying no, but you do have to stick up for your no because doing so is sticking up for yourself, your wants, your dreams, and your desires. Becoming your own defender is how you become stronger.

“I just don’t. I don’t have to tell you why.” Does that sound too harsh? That’s okay. Maybe you need to stop letting people put you on the defensive. Maybe you need to let

people know you're not going to give them anything to work with in terms of breaking through your reasons.

Because maybe if you said you want to save for a house or keep a cushion in your bank account for unexpected emergencies, they'll accuse you of being selfish, of only thinking of yourself and not caring enough to take care of them when they need it.

People who don't want to take your no as an answer are trying to control you, so don't let them. If they want to get angry because you've said no and left it at that, that's their feeling to own, not yours.

Don't get drawn into a fight. Don't point out that if they behaved more responsibly they'd have the hundred dollars they're looking for right now.

Keep it simple, and let things unfold. Either they're going to respect your desires and stop looking to you to fill in their gaps (and maybe develop some maturity on the way) or they're going to cut you off and look for other people to use. Either way, you're ultimately in a winning situation.

CHAPTER 34

How To Say Yes Even When It's Hard



If you're in the habit of rejecting someone's hand extended in kindness, quit that.

"Oh, I don't want to be a bother," you say. Why? Because saying yes gives you an uncomfortable, squishy feeling in the pit of your stomach?

For so many reasons, you need to stop letting this reaction rule your decisions.

First, because a good man will want to be there for you, and it'll show in his actions. If you constantly reject his acts of kindness, he'll feel unsatisfied and move on. Simple as that. "You won't let me show you love? I guess I'll find a woman who will."

Second, because that feeling is a symptom of cognitive dissonance, which is a fancy way of saying your heart says yes while your mind says no, and that, my dear, is a dysfunctional thing to allow. Notice I'm not saying you have to quit feeling it; you simply have to stop letting it rule your

life.

So how do you say yes? Like this: “Oh, thank you! That’s so sweet of you. I really appreciate this. You’re so kind and thoughtful.”

See?

Yes, there are people who just use use use, but there are also a lot of good people who like to feel even better by doing good things for other good people.

And you’re one of the good people.

You deserve to have someone in your life who thinks about you and what you need, and looks for ways to help you with them. And maybe you don’t believe that today, maybe your conditioning gave you an opposite message growing up, but if you ever want to be in a great relationship you have to learn how to say yes to goodness coming your way despite how you feel about it.

As my husband would say, you don’t have to like it.

The fact is, just because something feels uncomfortable doesn’t mean it *should* be uncomfortable. I remember the day I learned about cognitive dissonance, I was sitting in a therapist’s office getting help for my failing relationship. We were in the solo-therapy phase of our couples counselling, and it was one of my first sessions.

“How do you feel when someone compliments you?” David asked.

“Ummm, like kind of squishy in my stomach.”

“What do you mean, squishy?” he pressed.

“Well, uncomfortable,” I replied, motioning around my lower stomach in an attempt to show him what squishy felt like. The fact is, I’d never taken the time to try to define the particular emotion that manifested itself each time someone said or did something kind.

He leaned forward. “Embarrassed?”

“Yes!” The moment he said it I realized he’d hit the nail on the head. That was exactly how I felt each time someone said I was pretty, or smart, or offered to help me out with something. I’d learned in my teens how to say thank you to a compliment despite that feeling in my stomach, but the sensations had persevered all these years regardless of my acts of grace.

“That’s cognitive dissonance,” he said, and he proceeded to enlighten me on how our brains can simultaneously have opposing thoughts, carrying on a battle royale inside our mind between what we’ve been taught we deserve and what our hearts know we deserve.

Let me assure you, the majority of us have cognitive dissonance in varying degrees. Rarely is someone raised in a household where 100% of the messages we got from our parents built up our inner code. Somewhere, somehow, someone messed us up a little or a lot, and because of that we have confused emotions when it comes to what we think we deserve.

And that's okay. You can feel one thing and allow another, because when it comes to making decisions you can separate your emotions using logic, and exercise mental intelligence until your emotional intelligence catches up.

Listen, don't say yes to someone just because you'd feel guilty if you didn't. And whatever you do, don't say no to someone wanting to be there for you because you'd feel embarrassed if you let them.

Take a step back from your emotions and question them. Some of them are functional, but some of them are getting in your way to happiness. It's okay to tap into yourself and get to the root of where your feelings come from. It's okay to take a moment and analyze if your initial response is really the one worth going with.

This is how you'll get to who you really are. This is how you'll become intimate with yourself and how you'll be able to allow someone to become intimate with you. Open your heart and your mind, take a good look, and then show the world who you really are.

Really, truly, honestly, you.

Step 7 – Love



Love will always be your greatest journey.

CHAPTER 35

Love Equals Work Equals Happiness



If you haven't heard this old truism, yet let me be the first to smack you in the face with it – love is a verb.

I know you know what love is, or at least have a notion of what it should be. I know you know what a verb is (seriously, it was the easiest thing to remember in English class. I can't say much about the rest. What's a pronoun again?)

So let's meld the two in your head and show you what love is actually all about, because there are a couple of ways we approach love. Superficially or deeply.

When you look at love from a superficial angle, you define it only in terms of how you feel. I know I love him because I feel attached to him. I feel happier when he's around me.

But when you get deeper in the characteristics of love, you start to expand what it means and extend love's emotional impact. I show my partner love by respecting his needs. I know my partner loves me because he shows consideration towards my feelings and desires. Love becomes a by-product

of things that are done instead of simply a manifestation of feelings.

Love, in essence, is work. And at times, a lot of work. And unless both people are working at creating love, this one sided street is only headed towards disaster.

Look at a mamma. The harder she works to create a safe and secure life for her child, the more that child feels loved, right? And that makes complete sense. Moms and dads show their love, or lack of love, through their efforts, actions, words, and sacrifices. The more they do, the more a child goes through life feeling worthy of love and positive attention. The less they do, the more likely this child will develop a dysfunctional self-esteem and walk through life feeling unworthy of kindness, consideration, and positive attention.

If you're one of the many women who've had it rough during childhood and grew up wondering why nobody loved you, let me spiritually take your hand right now and say I'm so sorry. No child ever deserves to grow up like that. Every single being who comes into this world deserves to be raised in a loving and functional environment where they feel safe and nurtured. That sucked and you deserve better.

Let today be the day where you turn it all around. You might not have gotten what you deserved then, but you can get what you deserve now. You can learn today what your parents didn't know to teach you then.

Compassion is a huge part of love, and one of my common

sayings is, "With understanding comes compassion." So let's forgive your parents for not knowing better, because extending some understanding for their shortfalls helps get your mind cleared for love sooner, instead of letting it spin on why you didn't have an optimal upbringing.

I'm going to save the in-depth talk about this for my book *Mamma, Why You Gotta Be So Prickly?* But for today, let's just get you to look beyond your own parents to the ones they themselves were born to. What was their childhood like?

Chances are as bad as yours turned out, theirs was worse. Maybe you got more than your share of beatings when you were growing up, but what happened to them at the hands of the adults in their own lives? There's a lot to uncover, and getting into their history might help you explain, and ultimately forgive, your upbringing. Take the time to do this, because a lot of healing takes place when you replace anger with understanding and forgiveness.

This can be a painful journey, so I encourage you to go to counselling while you're exploring this. Do a lot of journaling, and work hard at sorting out the feelings that'll come up. Find the lesson in each step, because it helps turn the pain around.

And then, take responsibility for writing your own story from here on out. Will you continue to be reactive to your past, or will you become more thoughtful and analyze your feelings before deciding courses of action?

Will you re-create the past, over and over, because it feels

comfortable? Or will you love yourself enough to work at redefining yourself and your future?

Love is a verb, and it starts at home. Right here in your heart and mind and body.

I often come back to a quote by Rene Descartes when I talk about the human experience: “I think, therefore I am.”

This phrase reminds me that the only thing I can fully experience is my own existence. I can’t ever utterly comprehend yours, or anyone else’s for that matter. I can try to empathize and ask myself how I would feel living the same things you do, but because our minds are fundamentally different I’ll never quite know what it’s like to be you.

I think, therefore I am. I can only experience myself, and what I think creates my experience. But the beautiful thing about my brain is the capability to create my own thoughts, which isn’t a super power, by the way. Barring some major mental deficiency, we all have this ability.

Yes, your brain was implanted with certain ideas about what love is and isn’t. But those ideas don’t have to be the status quo. You can, and should, define love for yourself when you become an adult. The worst thing you can do is go through life blindly believing everything anyone has planted inside your skull.

Critical thinking is, well, critical to living a well-rounded life. It’s what you do when you open up your mind and study

life and yourself objectively. It's taking a moment beyond reaction and spending more time looking at something from all angles.

Love requires critical thinking. A lot of it. Because if love is only a series of reactions, you might be getting in your own way by following a path of familiarity instead of blazing a road towards something new and amazing.

Love is a verb. And as we all remember from grade school, a verb is an action. So ask yourself this right now: "Am I loving myself?"

Are you taking the time to rewire your inner love code? To look for love in encouragement and deeds before giving your heart? To love yourself by treating your body and soul in a way that's respectful?

Another gem of a sentence I often like to drop is this: It's not fair to ask for something you're not willing to do first. If you're seeking real love, you've got to learn to give it to yourself first.

So put on your thinking cap, brush aside your initial reactions, and take a moment to delve deeper into your heart. Give yourself the gifts of compassion, understanding, respect, and devotion you're seeking. Happiness and love start at home, or they never start at all, and home is where you're at right here and now.

There's no time like the present when it comes to turning your life into a love fest.

CHAPTER 36

It's All About Reciprocation



You know you're in a good relationship when this thought runs through your head: "He's so good to me, what can I do to show my gratitude?"

On the flip side, an indication that you're in a bad relationship could be when you keep thinking, "Why doesn't he appreciate what I do for him?"

Love isn't just how we feel about each other; it's also found in what we do for each other.

Let me be clear about how men show love. I'm not sure which genius came up with this nutshell definition, but it's perfect in its simplicity. A real man will practice something called the three P's towards the woman he loves. He'll protect her from harm, will provide for her needs, and will profess his devotion to anyone and everyone.

Protect. Profess. Provide.

If you're with someone who's not doing these things for you, you're not with a man. That's a guy you've got on your hands, and you've got a choice to make. Keep your standards

low and stay with a guy, raise your standards and give a guy an opportunity to become a man and keep the woman you've become, or leave the guy who insists on staying a guy and find a real man to share true love with.

Life is always a series of choices, and whether you like it or not, you're the one in control. Every single moment puts you at a crossroads, from deciding if you're going to press the snooze button in the morning to what time you put yourself to bed at night. At this very moment you can choose to stay with someone who's taking more than they're putting in, or you can choose to take down your dating profile and do some more work on yourself before kick starting your search for love.

Love is about making each other happy and being each other's source of healing, and without one of those two components, something vital is missing from your relationship. So whether you're single or currently in a relationship, you have to decide if you're ready to give and receive those two basic elements.

Do you have the ability to put someone's needs in the forefront of your mind without sacrificing your own goals and values? Without sacrificing your own self love? Without sacrificing your safety, security, family, and friends? If the answer is no, something needs to change.

Do you have the ability to recognize and appreciate a man who puts your needs at the forefront of his mind without sacrificing his own goals and values? Can you accept being

a part of someone's balanced life? Coming in first at times, and fourth at others? Can you be a part of loves complicated Tango, filled with compassion, understanding, and sacrifice?

Can you be the emotional leader when it comes to love? Showing a man what it means to not fight, to take responsibility for one's actions, to not constantly point fingers at others with blame and instead become accountable for your part in every stage of your life?

Love is indeed all about reciprocation, but being balanced and accepting balance is difficult. It means being patient because sometimes what you put in today can take years to come back, and it also means being smart, because if you're investing in the wrong person what you put in today never pays off.

If all this leaves you feeling confused about whether or not you're currently with the right person, then take a step back. Talk to people who are in relationships you admire, and get their opinion. Listen, even if it makes you angry or afraid. Those feelings are sometimes your ego rearing its ugly head, upset that what you thought was right is being disagreed with. Remember, your ego isn't your friend, so don't give it a place at the negotiating table. If you let your ego run your life, it'll run it straight into the ground.

A real man comes to the relationship table with offerings, not hands outstretched greedily demanding to be filled. He backs up words with actions, and his main goal is to improve your life and see happiness on your face. Seek this.

A real man also needs a woman who is patient, loving, supportive, and appreciative. Develop these qualities and you'll balance what he gives you. Love is a partnership where each person contributes their strengths, always.

Love means taking turns to be the pillar of strength in a relationship. Do you have the ability to be his support system when he needs it? Does he have the competence to be yours? Look into his history, and you'll find the answer there, because the best way to predict the future is to look closely at the past.

Every few clients I pick up in my coaching practice actually end up deciding to take a step back from dating, to refocus their loving energy on themselves instead of attempting to give what they realize they're not ready to dispense.

They'll put more energy into meditating on a daily basis and on becoming more solid role models for their children, teaching them what they've learned when it comes to handling their own emotional stability.

They'll deal with the males who are already in their lives, teaching them that bad behaviours gain them zero attention but good parenting and helpful hands gain them plenty of praise and rewards.

Love, and the healthy behaviours that define love, always starts at home. It doesn't matter if you're a mom of four or single and living alone, if you can't sit in your living room and feel happy, chances are it doesn't matter who'll sit on the couch beside you; there's nothing he can do to help you

feel complete.

That famous line from the movie *Jerry Maguire*? “You complete me!” I’m calling bullshit on that one. My husband doesn’t complete me, he complements me. And in turn, I work hard to complement him.

We are all people, with characteristics ranging from latent to developing. We accept each other’s core personalities (he loves to sneak up behind me and scare me, and he loves being a successful, hardworking man) as well as each other’s shifts and changes (right now he’s in a “preparing for disaster” phase and worrying about a potential economic crisis. So I bought a ton of canned foods to ease his mind).

Find someone who accepts you as you are and is able to ride your growth and shifting focuses. Find someone who you accept and who you love to watch develop under your loving gaze.

In essence, find your best friend.

CHAPTER 37

Love Is Fun



Okay, not all the time, but there has to be a foundation of laughter underneath all the hard work you both put into your relationship.

Why? Because love might make the world go round, but it's laughter that provides the axis from which the spin takes place.

It's because nobody can make me laugh as hard or as frequently as my husband that I had the will to see us through our roughest points. Build your relationship on similar humour and common goals and values, and you'll have the tools you'll need to get through the tough times together.

Look, relationships get pretty hard at times. Life is filled with curve balls. Sometimes you see them coming a mile away, like when you start dating someone who has kids and a baby mamma in the picture, and some of them come up through your life changes, like shifting careers adding a heavy dose of stress or the death of a loved one creating a tailspin of grief and depression.

If you can't fall back on laughter, or the memory of laughter giving you faith that there's a rainbow at the end of the storm, then the hard spots can feel even harder.

Love isn't about being in love all the time. Love is about falling in love with each other again and again. Scientifically speaking, love is about the ability to release dopamine in each other's brains throughout your lives. And do you remember what I said gives you a nice dose of dopamine? Laughter. Smiling. Making those little muscles around your eyes crinkle up, communicating to your brain that something pleasant is taking place and releasing dopamine and endorphins, which help relieve stress and reduce pain.

Balance. I keep saying that word over and over because it's so important to seek it out for yourself. Find a relationship that provides laughter and you'll have the balance you need to ride the rough waves when they happen. Because in life, difficulty is typically a *when*, not an *if* thing.

So remember this nugget of wisdom: if he can't make you feel good when things are easy, don't expect him to make you feel good if things get hard.

CHAPTER 38

Real Love is Hard to Find



But it doesn't have to be. You can be the sort of woman who has her pick of amazing men, instead of a girl who's picking from the pool of guys who count on low standards. But you have to be brave enough to have faith in yourself.

You have to take off what I call doubt goggles, those lenses in front of your eyes that make you see the world as something that isn't willing to work with you and for you. You have to come to terms with the fact that you're awesome, and you have to realize that happiness is in the palm of your hand.

You have to be willing to work hard, overcome your mental obstacles, and create a more peaceful brain so you're prepared for that great relationship.

You have to get comfortable being uncomfortable and stop running away from truths that hurt. And your ego? Yeah, you've got to ditch that sucker before it ruins one more relationship.

Look, I'm the last person to sit here and say that real love

is all lah-dee-dah flowers and rainbows. It's not. It's raw, it's awakening, it's painful at times, and it takes courage and sacrifice. But all those things are the path leading up the mountain and bringing you to the day when you break through the clouds of your past and see something entirely new.

And let me tell you.

When you get above the cloud line, wow!

You have all the love, caring, and affection you could ask for. You feel understood, and you have a relationship with someone that you love to love, because they show you so much it fills you up and your cup runneth over.

You have a partnership because you're both working towards common goals. You have a friendship because he's not looking to control you but instead is seeking to be the wind beneath your wings and loves to see you soar. You have companionship because there's nothing he wants more than to cuddle you at night and support your communal ties. You have a support system because when you're feeling down, he's going to gently navigate himself below you and hold you up till you gain your feet again.

Fights go out the window because you're the emotional leader in your relationship, and you teach him all the tools he needs to be a successful partner. There used to be a time when I thought fights were just a natural part of relationships. "Everyone fights sometimes" people say, but I'm here to tell you that's bull.

What I've learned now is, it just takes one leader to change everything and get fighting out of a relationship.

Fighting was practically genetic for me, as it was for my husband. We both came from households where one parent had too much anger, and we both came from relationships that seemed to be built on one fight after another. But in my relationship before him, I'd learned the beauty of not having angry outbursts, and once I learned to gain even more control of my mind and emotions I was able to teach him how to deal with his.

There are a lot of things I teach about relationships. This is my fifth book so far, and my first three walk you through finding the right man, making the first year run smoothly, and ironing out the baggage you'll both bring forth. But here's the most important thing I've learned, and what I really want you to learn too.

Great relationships start with being the right person and finding the right man to come along for the ride, and they just need one leader – you. But you can't lead him till you learn to lead yourself, and I make it easy for you to become that leader.

Life is always what you'll envision. If you spend every day imagining your worst nightmares, your life will be filled with pain. But if you can tap into your dreams and start focusing on them nothing will stand in your way.

Take my hand, my sister. I've come out of the dark and seen something new, and it's amazing. And you know what?

There's plenty of room.

Come! We can all do this, and together we'll change everything.

Afterword



Every great dish begins with a recipe, a formula if you will. In fact, everything you find beautiful and miraculous about life is made up of a precise amount of elements that when combined, create magic.

Relationships are the same. Too much of one ingredient and you've spoiled the batch.

All of my self-help books follow a recipe for success. Calm and control your mind, see reality for what it is while discovering what you really need, overcome your obstacles, connect more deeply with those around you, discover depths beyond what you've experienced so far, become intimate with the beauty of life, and fall in love over and over with how amazing it is to be alive.

They say when you find your way up the ladder you should extend a hand back and help others achieve the level you're at, and that's my mission in life. To help you come as far as I have from the brink of dysfunction and depression, and feel as happy and stable as I do today.

I have a belief that if every home had a happy woman all the world's problems would be eradicated, because when women are happy, so are men, and so are children. I believe

that together we can mold the next generation of families by modeling great unions for kids and showing them how their emotional wellbeing is within their control.

But it's all a horse to water thing. I can lead you to it, but I can't make you drink. I can show you the formula, teach you the recipe, but unless you're going to strap on an apron and get the cooking tools out, ain't nothing gonna happen.

All of my books contain homework, and if you haven't done it on the first read then I encourage you to get back into the pages and do each step. Only conscious action gets you from where you are today to where you want to be tomorrow, and everything I ask you to do is something that helped me get here. Where? Ridiculously happy, that's where.

I'm forty-four now, and I finally made my mom cry over how loved I am by my partner. She's happy to know that someone loves me as much as she could ever hope to see me loved, and that someone cares for and supports me as much as she does. She's always telling me to thank my husband for being there for me and for taking such good care of me.

Seriously, when your mom considers the torch passed, you know that's a big deal.

So read this book, and do the work. Then, graduate to my next book, *No More Assholes*, and do the work there. If you need to lift your spirits because you realized you need to leave someone in your dust and breaking up was hard to do, then pick up a copy of *Comeback Queen* first, and stitch your

heart back together. Then go out there and use *No More Assholes* to find Mr. Right.

And when you do find him, know that finding a good man is only half the battle. Now, it's time to learn how to stand up for what you want in a relationship while letting the little things go, and doing the work in *After The First Kiss* will get you through that first year without overcomplicating it. And I get it, we all bring excess baggage into a relationship, crap we picked up along the way from our childhood experiences and subsequent dysfunctional relationships, and that's why I wrote *Fix That Shit*. Nothing is insurmountable, so learn how to deal with the big stuff too and show him how to unpack alongside you.

I have a belief that we come together as couples to be each other's healing sources. That it's possible to grow both individually and together. That we can highlight each other's strengths and teach each other new tricks. That life can be awesome.

I did it. And so can you. Let's go my sister, and we'll make the world a better place. Together.

About The Author



CHANTAL LIVES IN ONTARIO, CANADA with her husband Dennis and two dogs, Maggie and Lulu. She is a Human Relations expert with a successful practice, helping clients learn how to find and keep a “magical” loving relationship. As a public speaker, workshop leader, private coach, writer, and frequent media contributor, Chantal is busy distributing advice far and wide, creating loving unions that will resonate for generations. Chantal is also a member of Zonta, a UN recognized international organization of professional women working together to advance the status of women worldwide through service and advocacy.

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